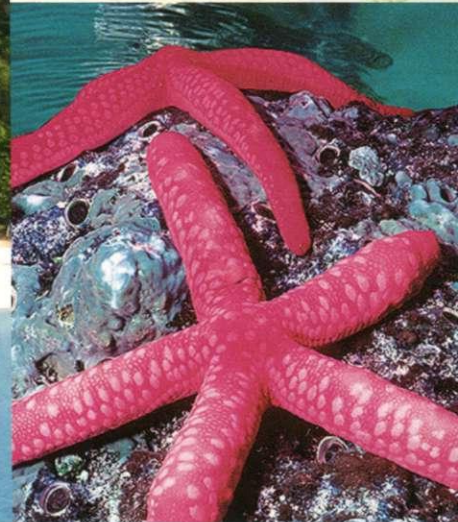


# ISLANDS AND BEACHES



Celebrating 50 Years of Nationhood

*Malaysia*  
Truly Asia







# *Contents*

- Map of Malaysia 2 • Langkawi 4 • Penang 10 • Pangkor 16 • Port Dickson 20 • Johor 24 •
- Desaru 28 • Tioman 30 • Cherating 34 • Terengganu 38 • Sabah 44 • Sarawak 50 •
- Marine Parks 54 • Fast Facts 55 • Tourism Malaysia Offices 56 •



# Selamat Datang

*Come experience the enchantment of Malaysia's idyllic islands and golden beaches.*



Malaysia, a land of friendly people and a nation blessed with natural wonders, welcomes you. Bordered by Thailand to the north and Singapore to the south, Malaysia also stretches across the northern tier of Borneo to form the states of Sabah and Sarawak.

With 4,800 km of coastline, Malaysia boasts some of the most beautiful islands and beaches in Asia. With the Straits of

Malacca on the west, the South China Sea to the east and the Andaman Sea to the northwest, an amazing number of these natural treasures lay nestled in tranquil bays and coves.

Beneath the aquamarine waters lies a fascinating world of corals and marine life waiting to be discovered.

Come and be mesmerised by these fabulous holiday retreats.



# Malaysia





# Legend

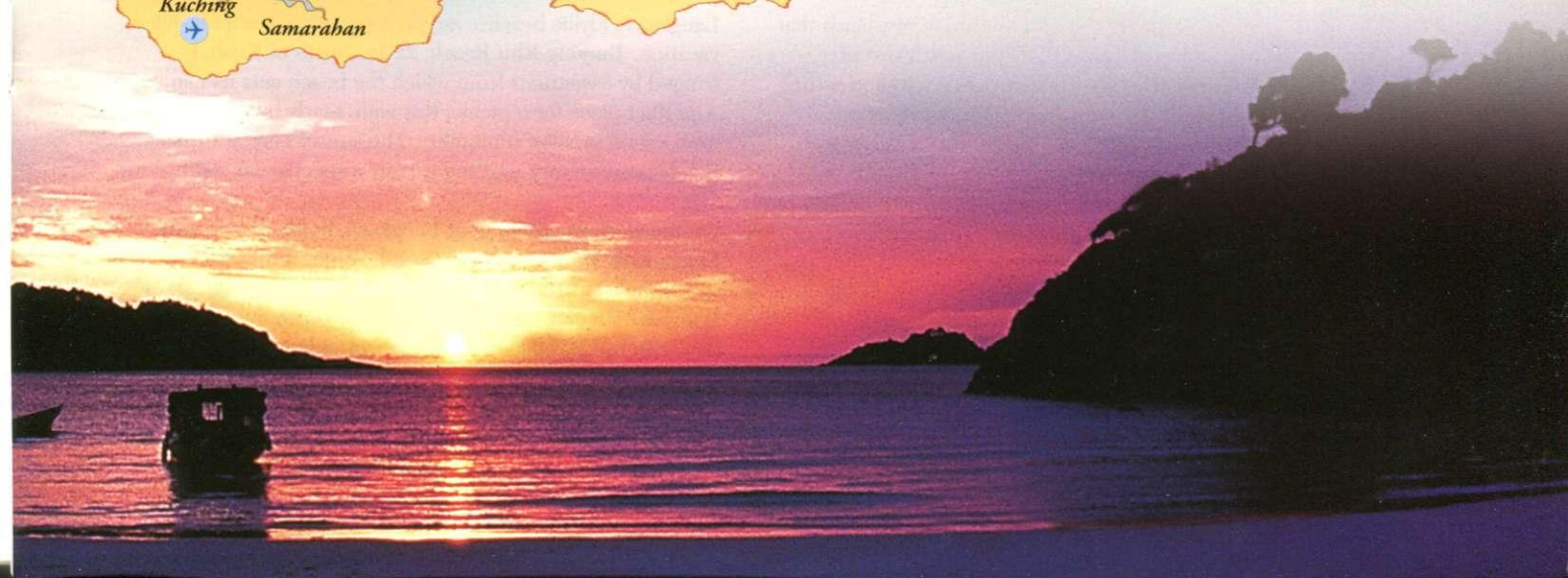
- International Boundary
- State Boundary
- North-South Expressway
- East-West Highway
- East Coast Expressway
- Railway
- ~ River
- ✈ Airport / Airstrip
- ◆ Jetty Point
- State Capital
- Federal Territory



Layang Layang Island

Sulu Sea

South China Sea







# Langkawi

*World-renowned Langkawi beckons with sun-kissed beaches, clear blue skies and the marvels of nature.*

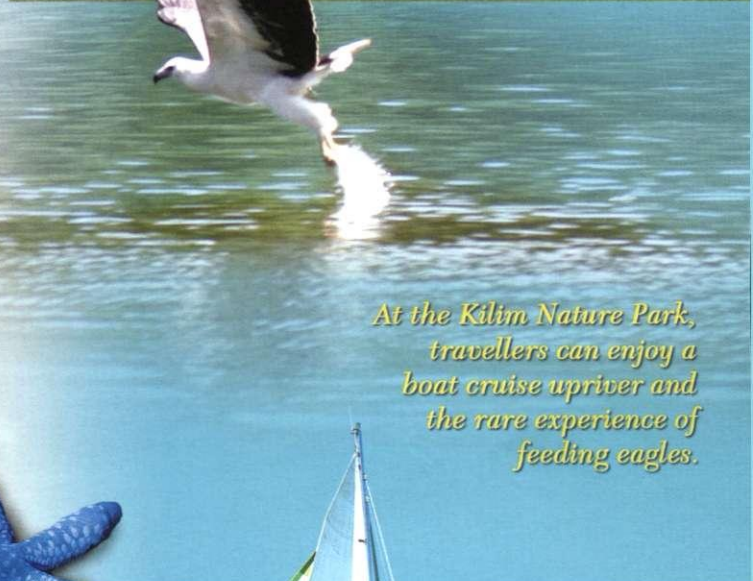
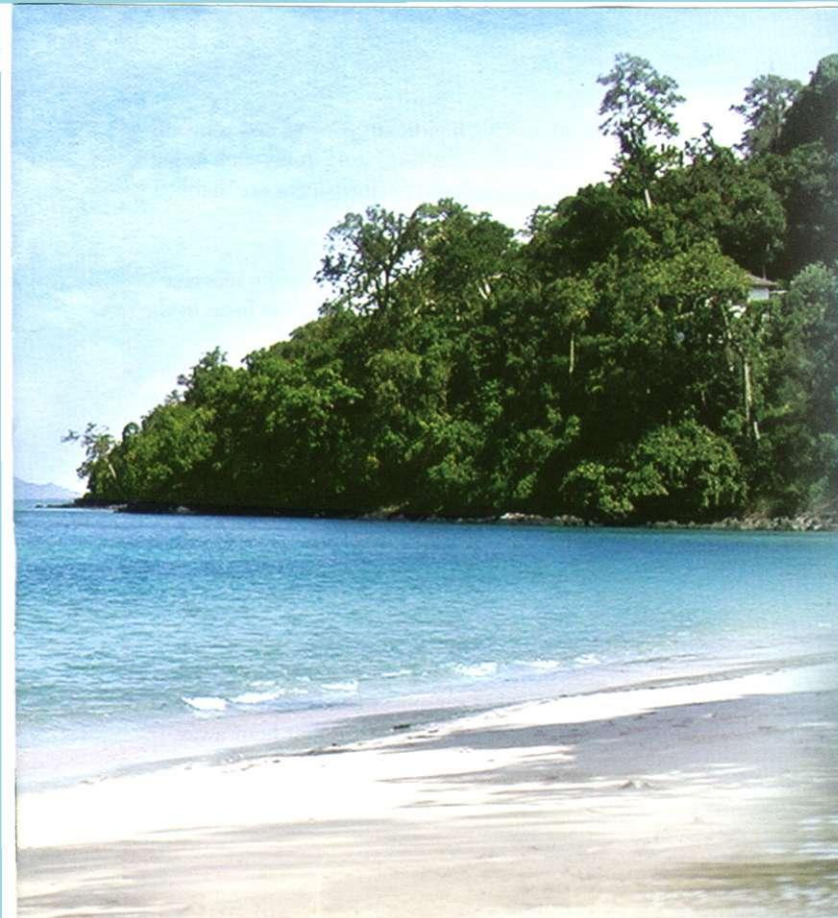
Langkawi is the largest of a multitude of islands that lie off the coast of Kedah state, in the far northwest of Peninsular Malaysia. The island comprises a jewelled setting of 99 islands. Langkawi is a versatile holiday destination with world-class infrastructure and facilities – a modern international airport, excellent roads, state-of-the-art marinas, budget hotels to award-winning luxurious resorts, superb golf courses and a host of recreational activities.

Visitors arriving by sea will disembark at the jetty in the main town of Kuah. Located southeast of the island, the town houses many hotels and shopping centres. A large prominent statue of an eagle, situated at the popular Eagle Square is visible from afar when approaching the island. According to local folklore, Langkawi derived its name from the eagle or *helang*.

Langkawi's idyllic beaches are perfect settings for a fun-filled vacation. Tanjung Rhu Beach, 22 km north of Kuah, is fringed by casuarinas from which the beach gets its name. A perfect place for a picnic, this wide sandy beach offers unmatched pristine tranquility. The sunset here at dusk, in a blaze of orange and red is truly a spectacular sight.

On the western coastline of Langkawi, lie the beaches of Datai, Kok, Burau Bay and Tengah. Enjoy a round of golf at the 18-hole course at Datai Bay and tee off against Langkawi's scenic backdrop. Those who wish to spend their day at Burau Bay can enjoy horseback riding while visitors to Tengah Beach can hire a boat and go island hopping. Kok Beach is the location of Telaga Harbour Park, a marina-cum-resort with ample facilities.



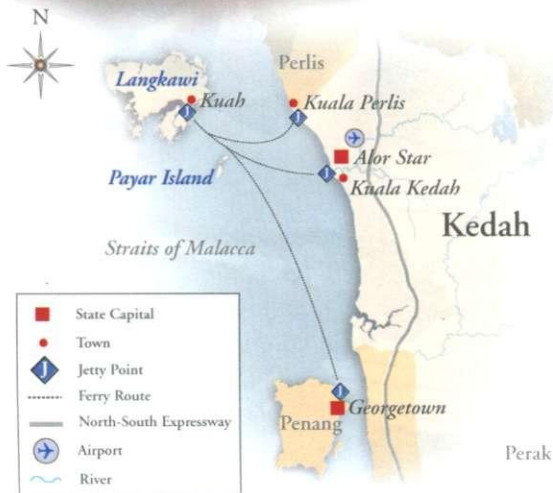


Cenang Beach is only 3 km from the Langkawi International Airport and is the most developed of the beach areas housing several luxury class hotels and dozens of budget chalets and restaurants. There are plenty of water sports available on this popular beach providing fun and excitement for all.

First-class accommodation in modern hotels or comfortable chalets is available around the island. Restaurant outlets in the hotels and outdoors serve a variety of local and international fare with live music and an energetic ambience.



*At the Kilim Nature Park, travellers can enjoy a boat cruise upriver and the rare experience of feeding eagles.*





Go snorkelling and diving in the Payar Island Marine Park, 19 nautical miles south of Langkawi. Segantang Island, Kaca Island and Lembu Island are other islands that make up the Marine Park. For those shy of the sea, hop into a glass-bottomed boat and watch the underwater world unfurl below. Speedboats or catamarans shuttle visitors from Langkawi to the Marine Park within an hour.

Langkawi offers a back-to-nature experience for all. From waterfalls to mysterious caves, visitors will discover that Langkawi is more than a beach lovers' paradise.

There are a host of themed attractions in Langkawi providing excitement for young and old travellers alike. Come and discover the variety of aquatic life at the Underwater World Langkawi. This largest public aquarium in the country features stingrays, sharks, moray eels and green turtles together with exotic fishes and sea plants.

There are also interesting handicraft centres and souvenir shops located around the island offering items such as batik outfits and silverware. Cultural performances and batik workshops can be enjoyed at these centres.

Those who wish to be pampered with a relaxing massage amidst the lush backdrop of the rainforest, can head to the numerous spas on the island.

With an attractive range of duty-free goods to choose from in Langkawi, shopping here is a real treat. From pewter and perfumes to liquor and leather, the attractive prices make shopping irresistible!

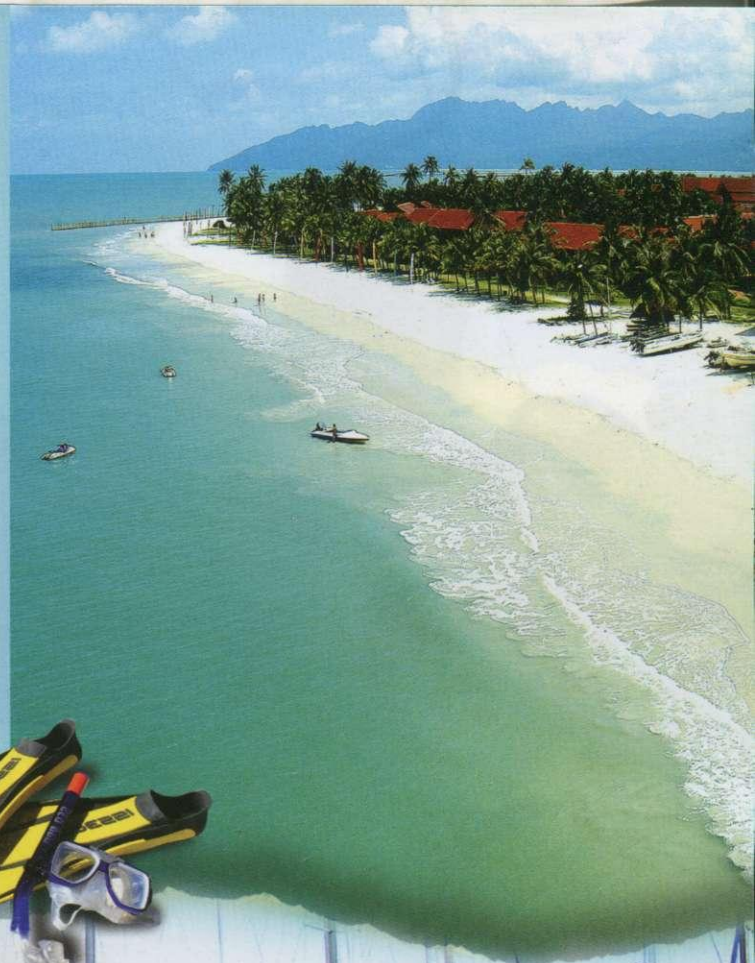
### Getting There

#### By Road

Visitors travelling by road have to drive to Kuala Kedah or Kuala Perlis, the main take-off points by ferry to Langkawi. The journey from Kuala Lumpur to Kuala Kedah takes about six hours while Kuala Perlis is another hour away.







*Langkawi's warm waters, favourable winds and sheltered bays are perfect for sailing. An annual highlight is the Royal Langkawi International Regatta.*





#### By Air

Malaysia Airlines provides direct air services from the Kuala Lumpur International Airport (KLIA) to Langkawi. The budget carrier AirAsia operates from the Low Cost Carrier Terminal (LCCT) in Kuala Lumpur to Langkawi.

*The Langkawi Cable Car ride provides spectacular views of the outlying islands and the Andaman Sea.*



#### Useful Contacts

##### Tourism Malaysia Kedah

Tel: 604 731 2322 / 730 1322 Fax: 604 734 0322

E-mail: [mtpbkdh@tourism.gov.my](mailto:mtpbkdh@tourism.gov.my)

##### Tourist Information Centre

###### Kuah, Langkawi

Tel: 604 966 7789/9416 Fax: 604 966 7889

E-mail: [mtpbkgk@tourism.gov.my](mailto:mtpbkgk@tourism.gov.my)

##### Langkawi Tourist Information Centre

###### Langkawi International Airport

Tel: 604 955 7155

E-mail: [mtpbkgk@tourism.gov.my](mailto:mtpbkgk@tourism.gov.my)



### By Rail

Keretapi Tanah Melayu (KTM) or Malayan Railway provides economical and comfortable rail services from Kuala Lumpur to Alor Star in Kedah and Arau in Perlis (north of Kedah). From these points, take a taxi or bus to Kuala Kedah and Kuala Perlis for your ferry to Langkawi.

### By Sea

Express ferries provide regular services daily to Langkawi from both Kuala Kedah and Kuala Perlis. The journey takes about 1 hour 15 minutes and 45 minutes respectively. From Penang to Langkawi the ferry takes 2 hours 30 minutes. The island is also a stopover for Star Cruises, one of the largest luxury cruise lines in the world.



*Island cruises are a great way to take in the breathtaking scenery of Langkawi. Swim in the Lake of the Pregnant Maiden or go kayaking to explore the lush surroundings.*







# Penang

*Lovely beach resorts, old-world charm and colourful cultures give Penang its allure. An island paradise in full bloom, it is aptly hailed as the Pearl of the Orient.*

Penang is one of Malaysia's most famous resort destinations. The state consists of Penang Island, and a strip of the mainland known as Seberang Perai. Georgetown, its capital, is a fascinating metropolitan city with historical buildings and cultural landmarks. Penang's northern shoreline, characterised by expansive stretches of golden sand and glittering waters, is a vacation spot for foreign and local visitors alike.

Batu Ferringhi, situated along the coastal road northwest of Georgetown, is most popular beach in Penang, lined with a string of international-standard hotels and resorts.

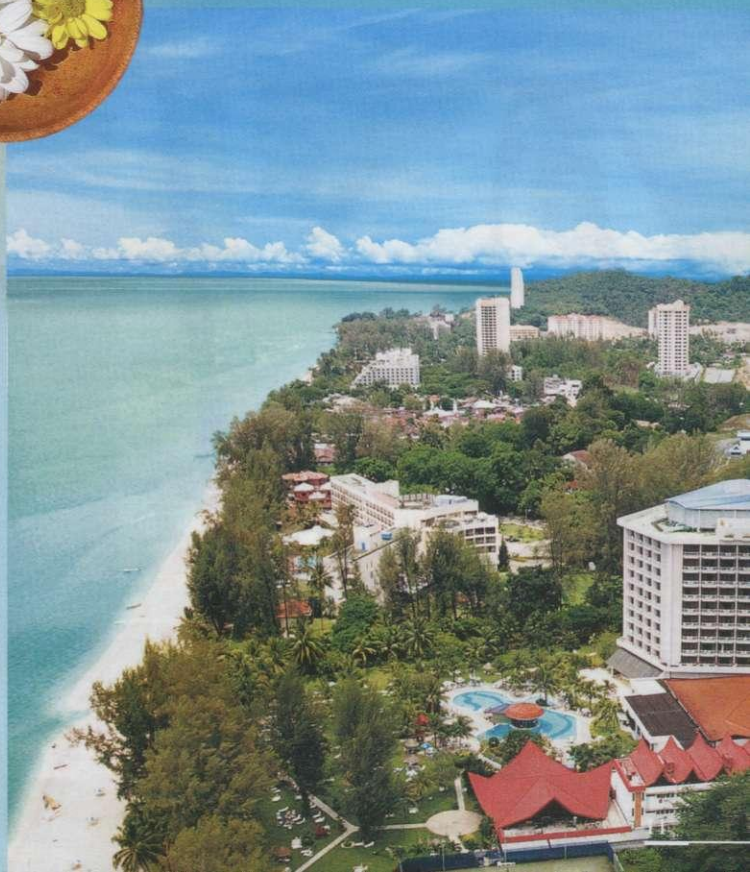
Soak in the sun or unwind on the beach and enjoy a host of aquatic thrills from banana boat rides to canoeing and jet-skiing. For a spine-tingling adventure, try parasailing to enjoy the view of the beach from the sky.

As the sun sets, Batu Ferringhi comes alive with a carnival-like atmosphere with an open-air bazaar selling anything from ornate curios to enticing souvenir items. Watch local artisans demonstrate the intricate art of craft-making and batik-painting. Dubbed the Ferringhi Walk, the bazaar offers shoppers a host of attractions.





*Ride in the trademark Penang Ferry or explore the city's bustling streets and historic quarters in a trishaw.*





Tanjung Bungah is another popular beach resort in Penang. The numerous luxury resorts here offer a relaxing seaside vacation. The most charming feature of Tanjung Bungah is its many secluded coves, nestled within the shelter of overhanging cliffs and gigantic rocks.

At the northwestern end of the coastal road lies Teluk Bahang. Its idyllic beach offers a solitary luxury hotel promising a tranquil ambience for those who prefer privacy. Nearby is the Tropical Spice Garden, a living collection of more than 500 varieties of flora from Malaysia and around the world. The eight-acre valley is reputedly the largest showcase of tropical herbs and spices in the region.

Further west from Teluk Bahang are several beaches which lie off the beaten track. Situated in Penang's National Park, these pristine beaches make for excellent excursions to get a glimpse into the vast variety of the island's flora and fauna.

Monkey Beach, a secluded spot in the northwest of the island, is ideal for quiet picnics under shady casuarinas. Adventure-lovers can explore the jungle trail from Monkey Beach to the Muka Head Lighthouse, perched atop a 785-foot-high cliff.

Further away, Kerachut Beach offers an unspoiled environment and picturesque views. In the hinterland, a lake containing distinct layers of freshwater and seawater is an added attraction. Both of these beaches are only accessible by boat or by hiking trails from Teluk Bahang. Enquire with the respective resorts or private boat operators. Avid birdwatchers or outdoor lovers can delight in taking the jungle trail to observe monkeys, squirrels and other small animals along the way.

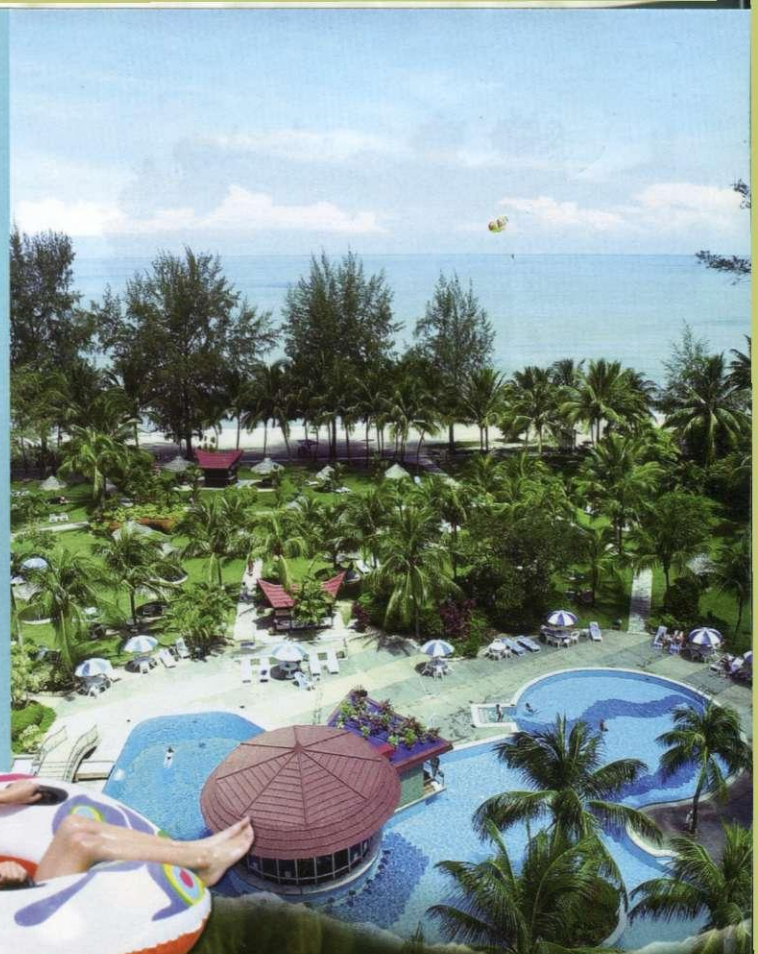
Jerejak Island, off the island's east coast, makes an interesting escapade. This tiny island resort offers total privacy amidst lush greenery.



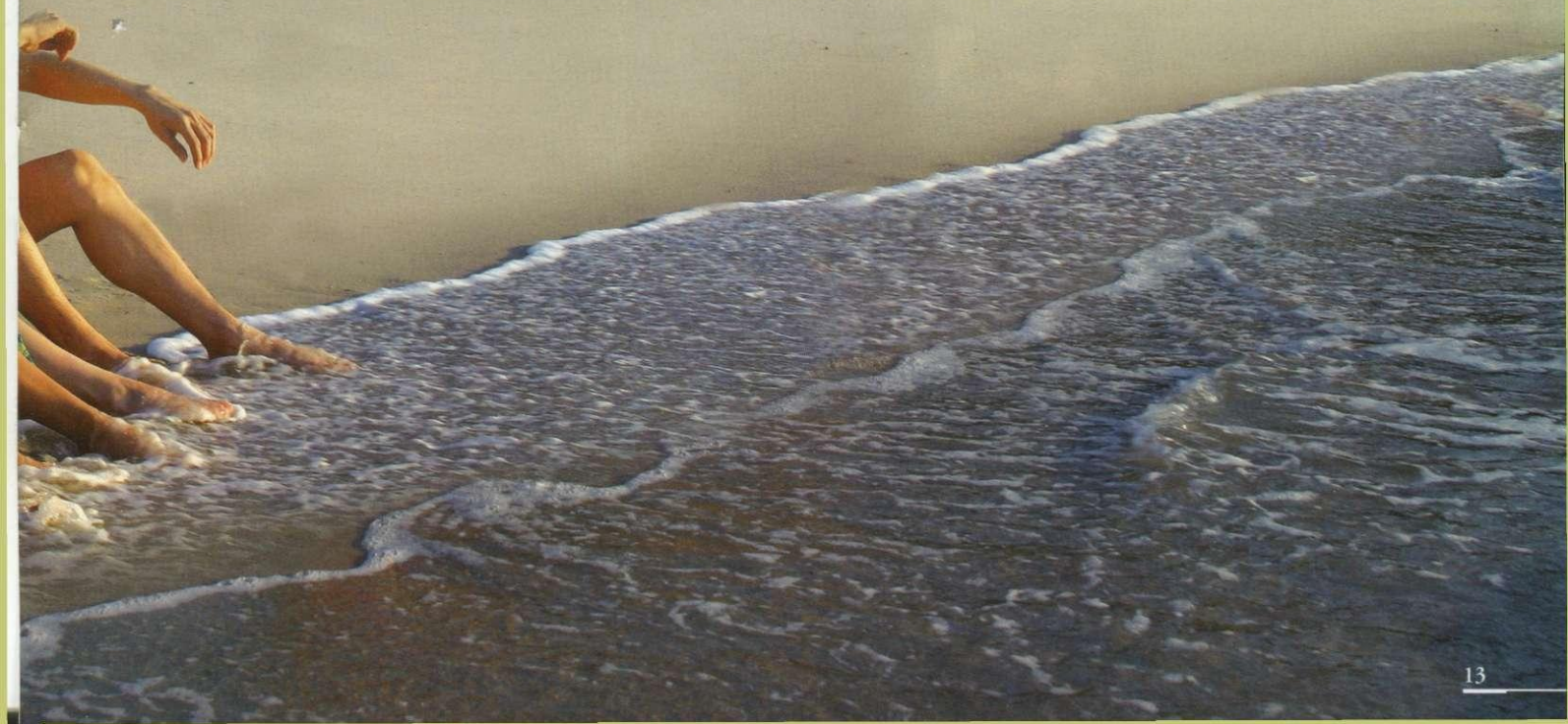


To experience the charms of Penang, take a city tour for a glimpse into its nostalgic past. The Esplanade in Georgetown is a delightful seafront for an evening stroll. A distinctive landmark here is the Fort Cornwallis, erected by Captain Francis Light in the early nineteenth century. Hawker-style dining is the norm here and further up along Gurney Drive, a popular haunt for tourists.

Little India and Campbell Street delight with an endless assortment of bric-a-brac, souvenirs and antiques.



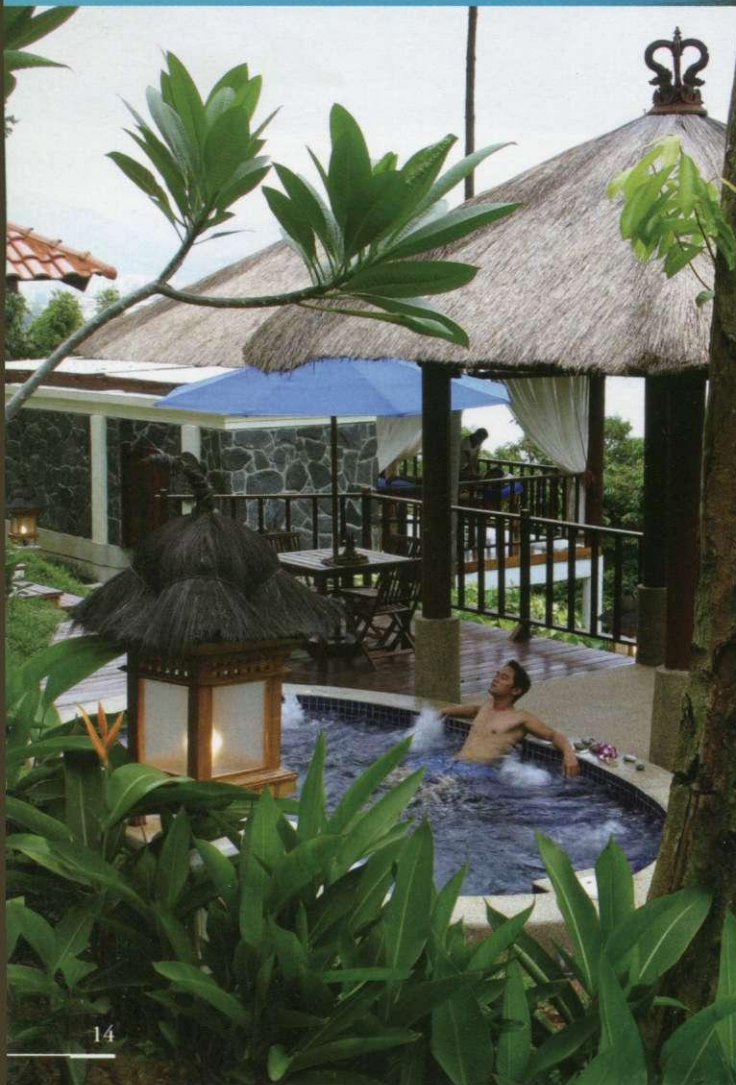
*Penang's casuarina-lined beaches are a magnet for holidaymakers*







*Ornate heritage buildings such as the Khoo Kongsi clan house add to the appeal of Penang.*



## Getting There

### By Road

Penang Island is accessible by road via the Penang Bridge. A toll is levied on the mainland's side of the bridge.

### By Air

Malaysia Airlines operates direct air services to Penang from Singapore, Bangkok, Medan, Xiamen and Taipei.



## Useful Contacts

### Tourism Malaysia Penang

Tel: 604 264 3494 / 263 4941 Fax: 604 262 3688

E-mail: [mtpbpen@tourism.gov.my](mailto:mtpbpen@tourism.gov.my)

### Tourist Information Centre

#### Georgetown

Tel: 604 261 9067 / 262 0066 Fax: 604 261 2802

E-mail: [mtpbpen@tourism.gov.my](mailto:mtpbpen@tourism.gov.my)

### Tourist Information Centre

#### Penang International Airport

Tel: 604 643 0501

E-mail: [mtpbpen@tourism.gov.my](mailto:mtpbpen@tourism.gov.my)



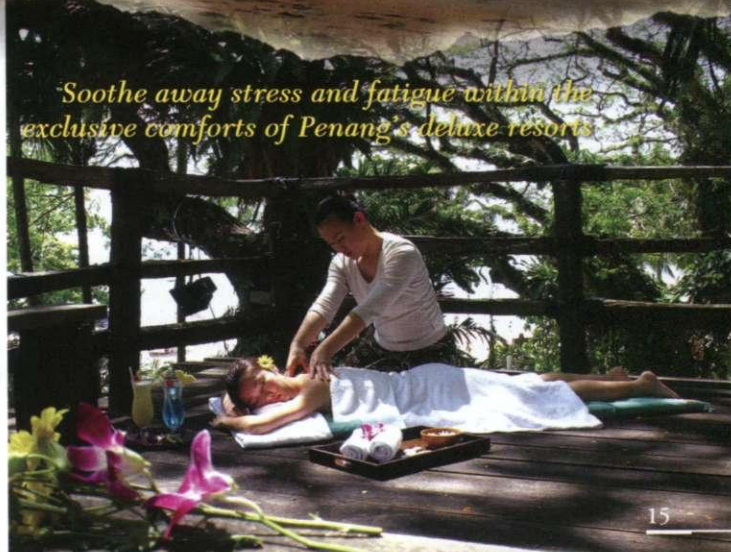
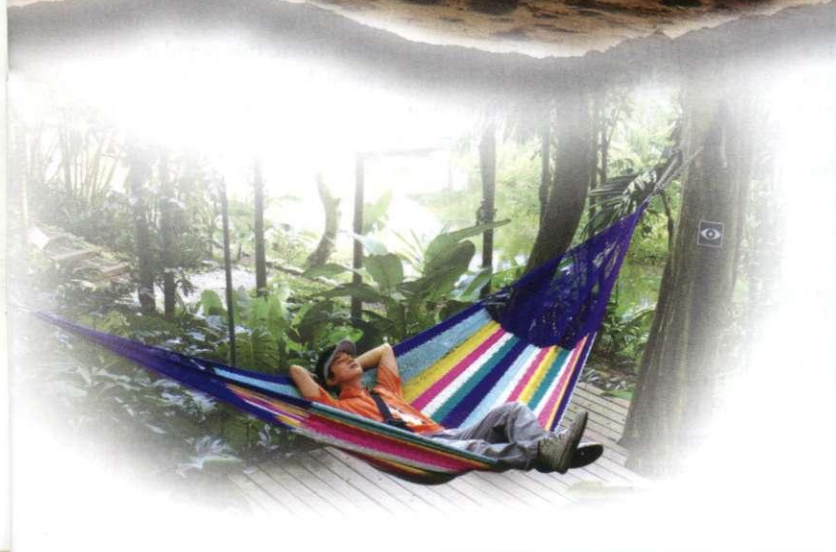
The airline also provides daily shuttle services between Kuala Lumpur and Penang. AirAsia flies to Penang from Kuala Lumpur and Bangkok.

#### By Rail

KTM or Malayan Railway provides train services to Butterworth from Kuala Lumpur, Alor Star and Padang Besar, as well as from Haadyai and Bangkok in Thailand.

#### By Sea

From Butterworth, ferry services are available for both passengers and vehicles. Fares are collected at the Butterworth terminal.



*Soothe away stress and fatigue within the exclusive comforts of Penang's deluxe resorts*





# Pangkor

*Lying off Perak on the west coast of Peninsular Malaysia, this tranquil island with its white sandy beaches and charming fishing villages will enthrall you.*

The name Pangkor may have originated from the Thai word *Pang Ko* meaning 'beautiful island'. However others believe it may have been a memorial to *Pang Kui*, a legendary Chinese adventurer said to have lent his skills in seamanship to the bands of pirates this island once sheltered.

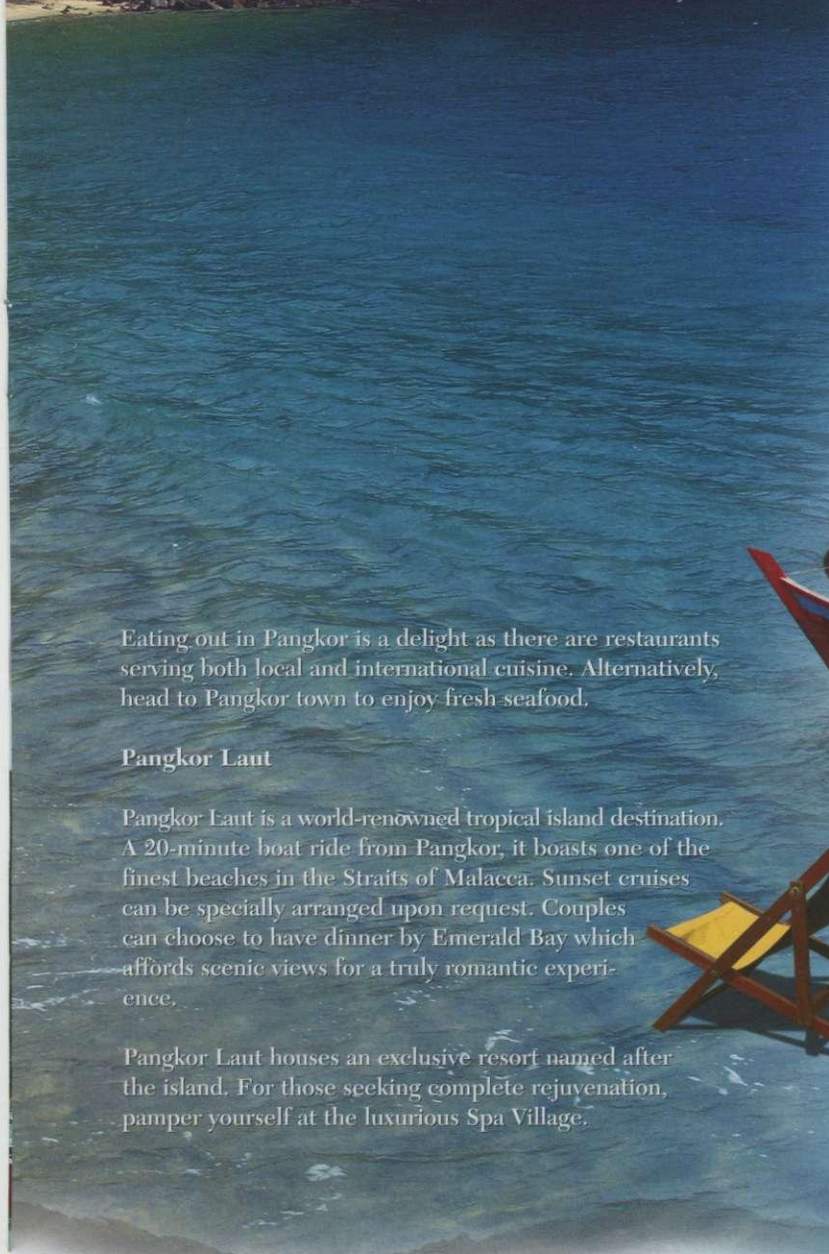
Pangkor's main attractions are undoubtedly the wonderful offerings of its pristine beaches on the western coastline. Named after a legendary lovelorn princess, Golden Sands Beach or Pantai Puteri Dewi is one of the most popular beaches on the island. Located on the northwest of Pangkor, this 1.2 km stretch boasts warm turquoise waters fringed with tall swaying coconut palms. The beach here is ideal for sunbathing and recreational activities such as bird watching. Look out for hornbills said to roam the area.

Pasir Bogak Beach, a snorkelling site with an extensive reef and shallow waters, faces the channel between Pangkor and Pangkor Laut. Located nearby Pangkor town, this popular destination is a favourite haunt for picnickers due to its shady trees. Here, visitors can enjoy a kayak run or the simple pleasure of beachcombing.

Teluk Nipah is where tourists can enjoy both solitude and excitement by the beach. Take in the soothing lush greenery or browse the open-air stalls by the beach. A walk across to Giam Island at low tide will reward you with a treasure trove of marine life.

Head to the Pulau Sembilan group of islands, 27 km south of Pangkor for a superb diving experience. The nine islands (*sembilan* means 'nine' in Malay) are uninhabited with an abundance of colourful marine life.





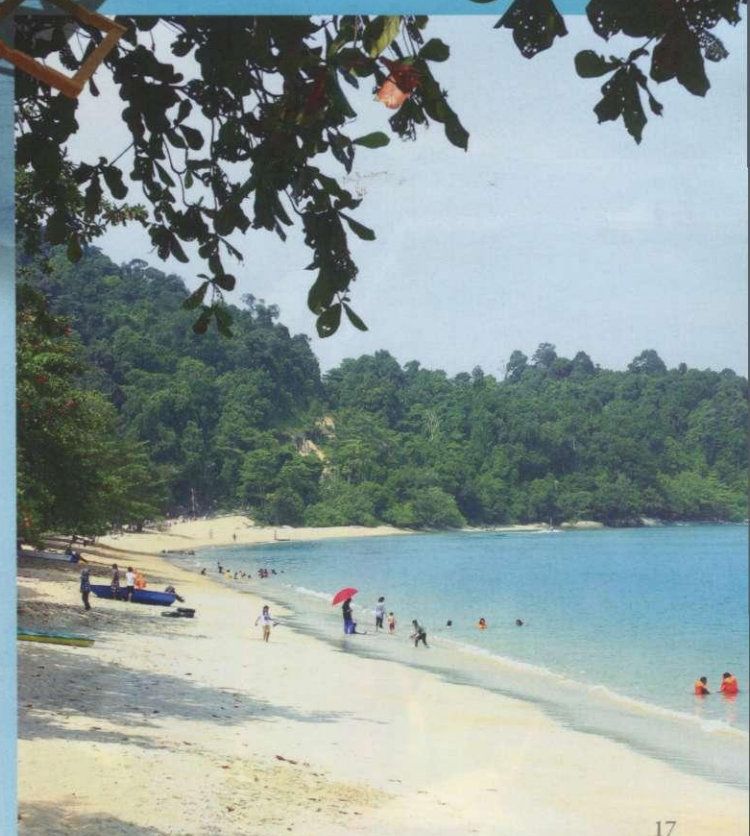
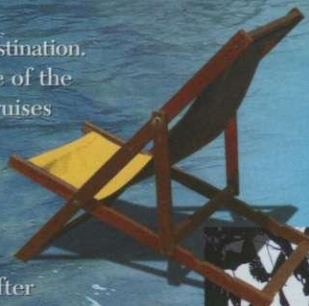
Eating out in Pangkor is a delight as there are restaurants serving both local and international cuisine. Alternatively, head to Pangkor town to enjoy fresh seafood.

#### Pangkor Laut

Pangkor Laut is a world-renowned tropical island destination. A 20-minute boat ride from Pangkor, it boasts one of the finest beaches in the Straits of Malacca. Sunset cruises can be specially arranged upon request. Couples can choose to have dinner by Emerald Bay which affords scenic views for a truly romantic experience.

Pangkor Laut houses an exclusive resort named after the island. For those seeking complete rejuvenation, pamper yourself at the luxurious Spa Village.

*Squids and anchovies proliferate in the waters of Pangkor.*

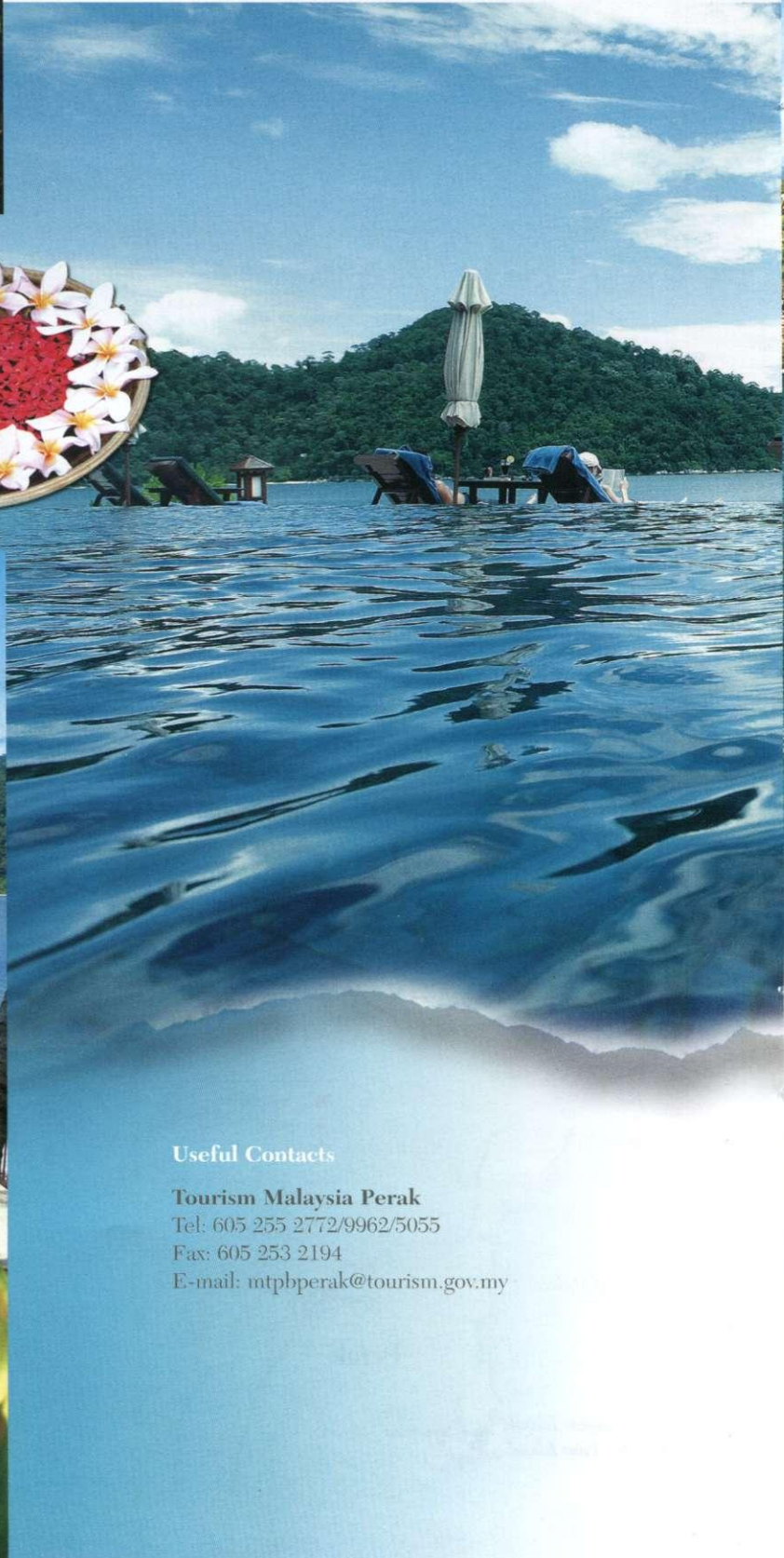






Lumut is the staging point to Pangkor if arriving by road or rail. Located 83 km from Ipoh, the state capital, it is home to the country's principal naval base and a port which services the hinterland. Teluk Batik, south of Lumut is popular for camping, boating and windsurfing. Nearby is Teluk Rubiah, another fine beach with a golf course. The Lumut International Yacht Club is a stopover while sailing the Straits of Malacca.

*Pangkor has many magical beaches enveloped by lush tropical rainforests.*



#### Useful Contacts

**Tourism Malaysia Perak**

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Fax: 605 253 2194

E-mail: [mtphperak@tourism.gov.my](mailto:mtphperak@tourism.gov.my)



Lumut is a 3-hour drive from Kuala Lumpur via the North-South Highway. It can be reached by taxi or bus from Ipoh, Kuala Lumpur or Butterworth.

### Getting There

#### By Sea

Pangkor is a 15-minute ferry ride from Lumut. There are departures every half hour.

#### By Air

The private carrier, Berjaya Air operates direct flights from the Sultan Abdul Aziz Shah Airport nearby Kuala Lumpur to Pangkor.

#### Useful Contacts

#### Tourism Information Centre

##### Lumut

Tel: 605 683 4057 Fax: 605 683 4057

E-mail: [tielumut@tourism.gov.my](mailto:tielumut@tourism.gov.my)

*Pangkor Laut Resort was rated as the 'best among the best' by Conde Nast Traveller in 2003. Actress Joan Collins and renowned tenor Luciano Pavarotti have graced the resort.*







# Port Dickson

*Port Dickson is the most popular beach on Peninsular Malaysia's west coast. Its proximity to the nation's capital, and ample accommodation facilities make it a preferred venue for a host of events and recreation.*

Port Dickson, or fondly known as PD, is the pride of Negeri Sembilan. This state is well-known for its unique matrilineal system of Adat Perpatih, which is distinctly reflected in the state's architecture of upswept roofs.

Port Dickson has an almost unbroken coastline stretching up to 18 km. Its sunny beaches, lined by tall palm trees and shady casuarinas, are washed by the gentle waves of the Straits of Malacca. Teluk Kemang and the Blue Lagoon beaches are popular tourist spots here.

Teluk Kemang, situated on the 9<sup>th</sup> mile of the coastal road, is one of the longest stretches in Port Dickson. Enjoy a splash in the warm waters, or delight in activities such as canoeing, parasailing, yachting or speed boat rides. The Blue Lagoon, 11 km south of Port Dickson town, is tucked away from

the main road and offers hours of fun in an undisturbed setting.

The Port Dickson Fest and the International Port Dickson Ironman Triathlon are two exciting annual events in these beaches.

A string of five-star resorts, hotels and private bungalows occupy the Port Dickson coastline. Alternatively, camp out by the beach for a pleasant night under the stars.

Port Dickson holds the distinction of being the first place where competitive sailing was introduced in the country. The Admiral Marina and Leisure Club offers excellent and comprehensive facilities for yachters including moorage, full club services, brokerage and boat repairs. The Royal Port

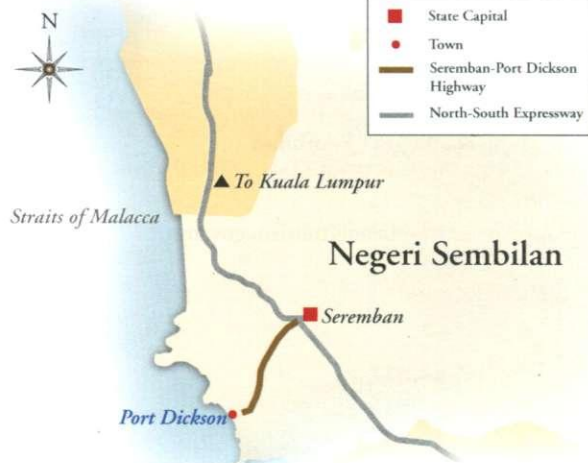


Dickson Yacht Club has extensive facilities for members and is able to accommodate Optimist and Laser crafts.

This charming coastal town has a variety of attractions, from nature-based temptations to historical monuments. Close to Blue Lagoon is Cape Rachado or Tanjung Tuan Lighthouse. Built in the 16<sup>th</sup> century, this lighthouse was used to guide vessels sailing to Melaka, then a thriving port-of-call in the region.



*The calm sea makes Port Dickson a draw for sun-seekers of all ages.*



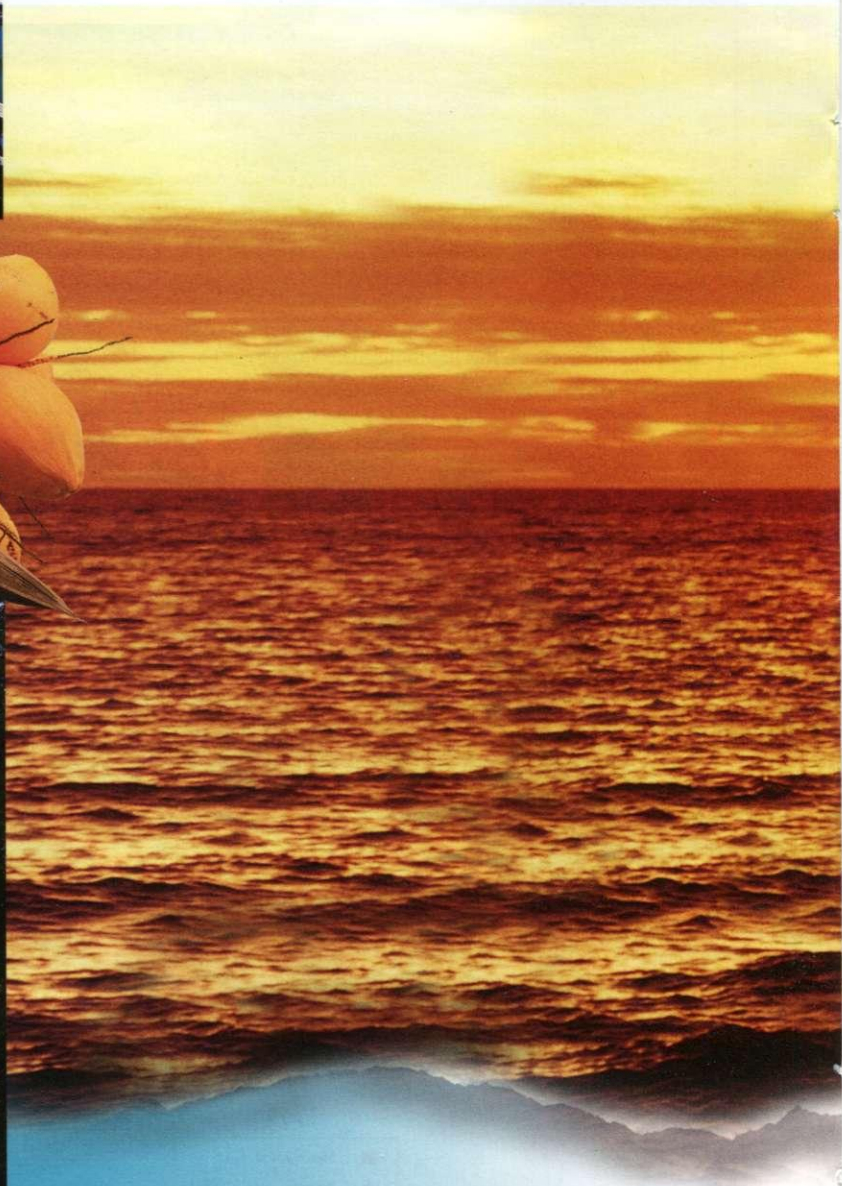




Enjoy breathtaking views of the coastline from this vantage point. To the northeast of Port Dickson is the Lukut Fort, erected to protect the tin-rich town of Lukut. The museum here offers glimpses into the history of the town.

Dining out at the local restaurants in Port Dickson provides a delightful choice of delicious fresh seafood, exotic local dishes as well as Western fare.

*Nature-lovers will be delighted to know that Cape Rachado is the stopover for various species of migratory birds.*



#### Useful Contacts

**Tourism Malaysia Negeri Sembilan**

Tel: 606 763 5388/762 2388/762 4488

Fax: 606 763 8428

E-mail: [mtpb.negerisembilan@tourism.gov.my](mailto:mtpb.negerisembilan@tourism.gov.my)



## Getting There

### By Road

Port Dickson is located along the coastal road an hour's drive from Seremban. The latter is about 60 km south of Kuala Lumpur on the North-South Expressway and 40 km from the Kuala Lumpur

International Airport (KLIA) in Sepang. Regular bus and taxi services connect Port Dickson to Kuala Lumpur and Seremban.

### By Rail

Rail travellers have to disembark at Seremban, which is serviced by the KTM Komuter from Kuala Lumpur.

*The beautiful sunsets in Port Dickson are a sight to behold.*







# Islands of Johor

*The magical islands of Johor are endowed with crystal clear waters, powdery white sand and colourful marine life.*

Johor, the southernmost state of the peninsula, is steeped in history and is a haven for nature lovers. The state has an unbroken coastline flanked by the South China Sea in the east, extending around its southern tip to the western shoreline overlooking the Straits of Malacca. Johor Bahru, the state capital, is the site of several historical buildings and landmarks.

Like a necklace of glittering jewels, the islands of Sibul, Rawa, Pemanggil, Aur, Tinggi, Besar, Tengah, Mensirip and Hujung lay nestled off Johor's eastern coast. They are accessible from Mersing, a charming coastal town and the jump-off point to the world-renowned Tioman Island.

Lush vegetation and endless stretches of golden beaches characterise the Sibul Group of Islands. They are accessible

from the Tanjung Leman jetty, 60 km from Mersing.

The islands abound with water sports activities such as snorkelling, windsurfing, sailing and kayaking. Opt for a visit to the nearby *kelong*, where anchovies are caught or head for the villages on the island of Sibul Besar to see how the natives live. For some adventure, hike through the jungle trails leading to unspoilt mangrove swamps.

The island of Rawa is perfect for snorkelling, kayaking and windsurfing. Famed for its tall palm trees, white sand and secluded coves, this is the ideal tropical getaway. Get close to the marine life as neon-coloured fish swim close to shore, right below the jetty and between your ankles! Rawa was among the earliest islands here to be developed as a tourist destination.



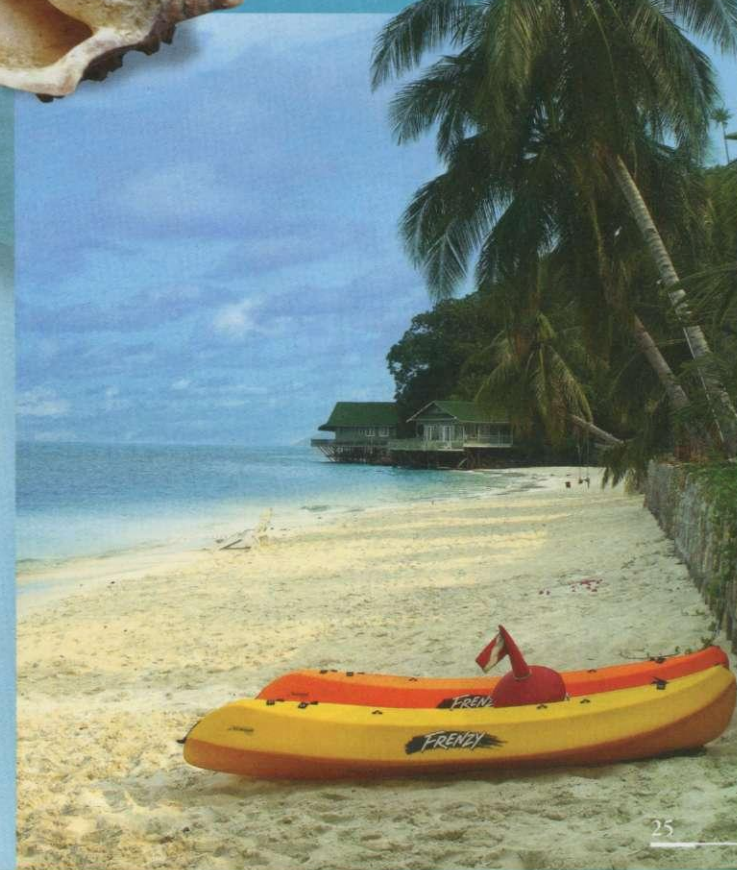


Pemanggil is the largest among the cluster of islands of Johor. Squid fishing is an enjoyable seasonal sport here. Other popular activities are jungle trekking, snorkelling and diving.

The unspoilt island of Aur is the perfect dive destination. Encounters with pelagics including jacks, barracudas and black tip sharks are a big draw. The best time to dive is between April and October when the sea is calmer and visibility is at its best.

The islands of Tinggi, Besar, Tengah, Mensrip and Hupang are idyllic secluded getaways. These islands boast beautiful beaches with shady cool trees and clear waters. Perfect for simply working on nothing, but not for!

*Be mesmerised by the glassy blue and emerald green waters of Rawa. Perfect for honeymooners, it is only 30 minutes from Mersing by speedboat.*

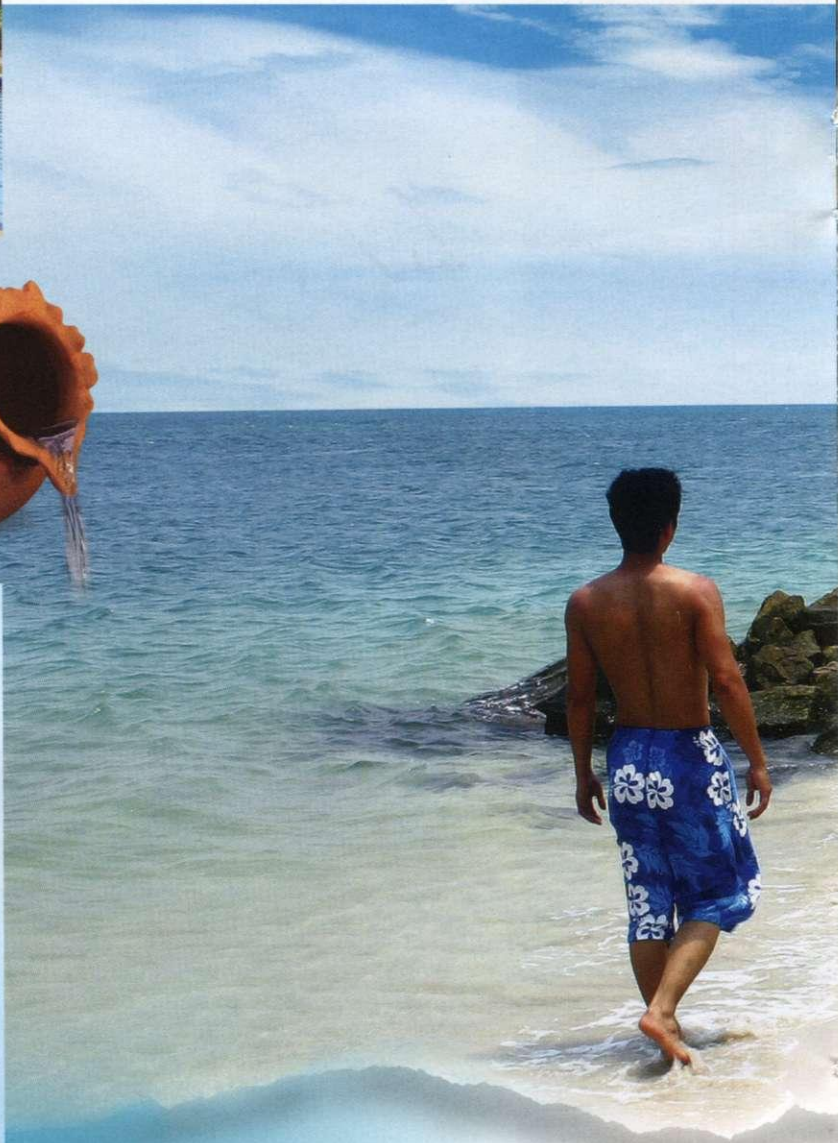
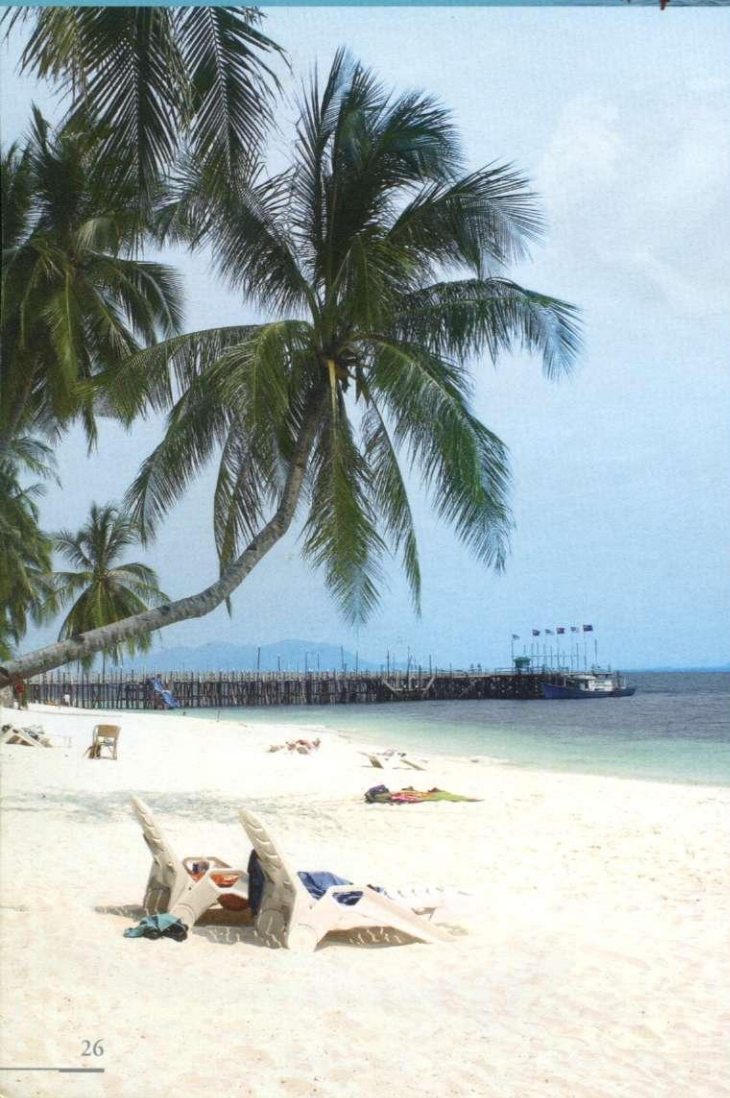






Mersing is the main staging point to Johor's islands in the South China Sea. It is 138 km north of Johor Bahru or a two-hour drive from there. Life here moves at a casual pace as trawlers prepare to sail out to sea from this fishing town. Tourists can also make travel arrangements with tour operators stationed here.

*From comfortable resorts to cosy chalets, a stay on these islands will leave an indelible mark on visitors.*



#### Useful Contacts

##### Tourism Malaysia Johor

Tel: 607 222 3590 / 91 Fax: 607 223 5502

E-mail: mtpbjhb@tourism.gov.my

##### Tourism Information Centre

##### Tanjung Puteri

Tel: 607 222 3592

E-mail: mtpbjhb@tourism.gov.my

##### Tourism Malaysia Singapore

Tel: 65 6532 6321 Fax: 65 6535 6650

E-mail: mtpb.singapore@tourism.gov.my



## Getting There

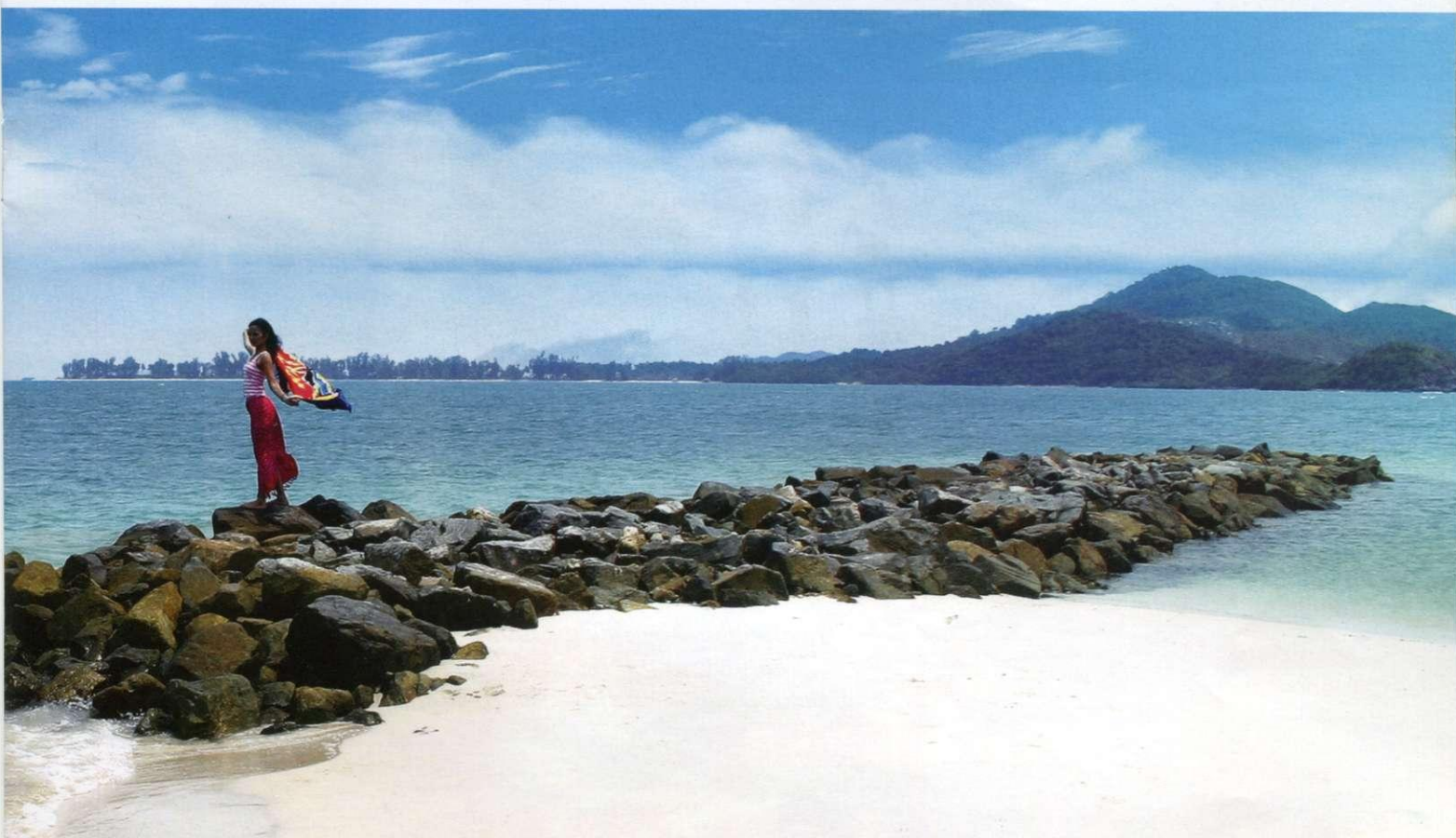
### By Road

From Kuala Lumpur exit at Kluang in Johor on the North-South Expressway to get to either the Mersing or Tanjung Leman departure point. The two locations can also be accessed from Johor Bahru via Kota Tinggi. It takes about 4 hours to reach Mersing

from Kuala Lumpur by car or 6 hours by coach. From Singapore, Mersing can be reached in two and a half hours.

### By Rail

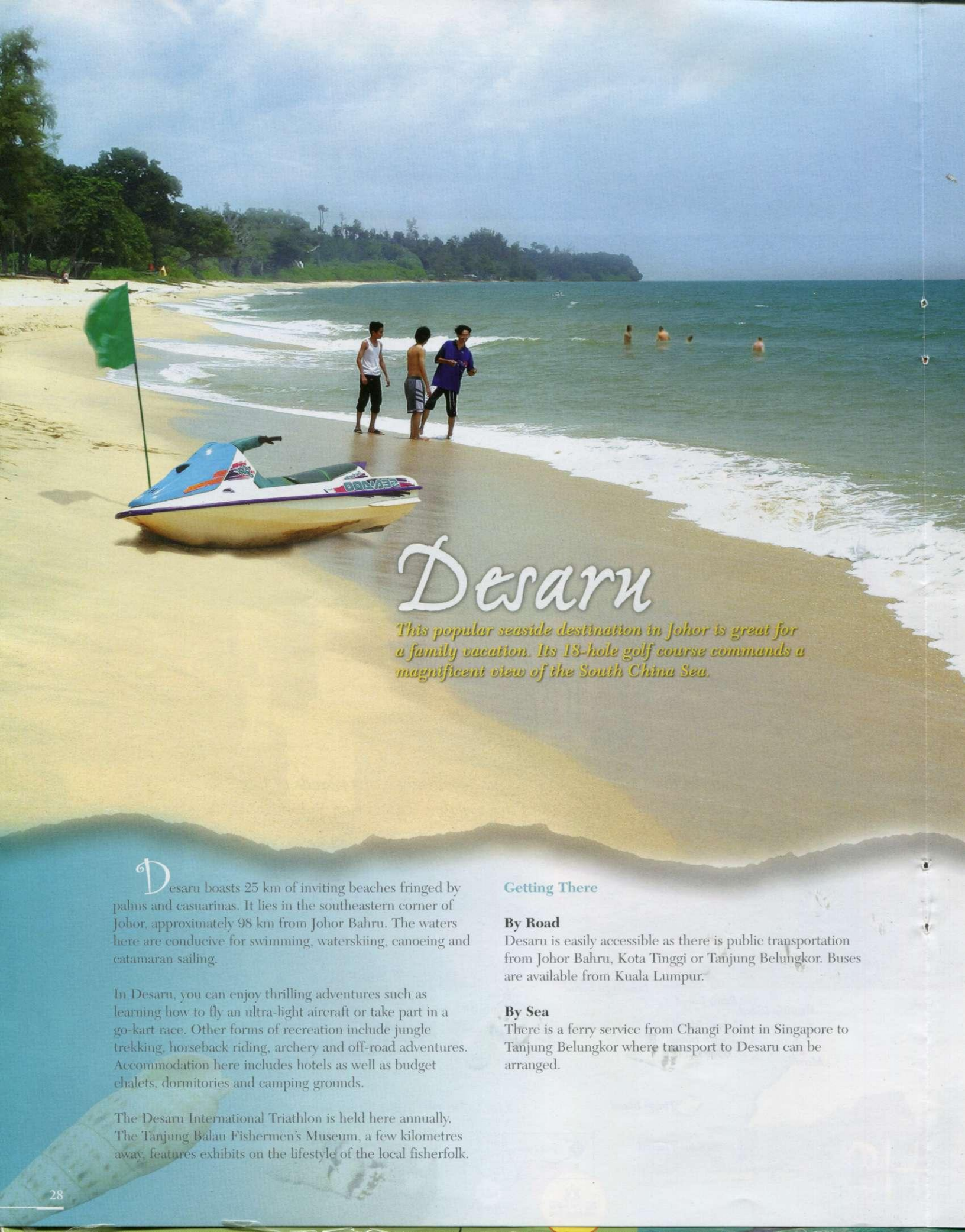
KTM or Malayan Railway has rail services from Kuala Lumpur to Kluang. From Kluang, public transport is available to the jetty.



*Dubbed the "Robinson Islands" in Scandinavia, the islands of Johor served as the location of the popular "Expedition Robinson" series akin to "Survivor".*







# Desaru

*This popular seaside destination in Johor is great for a family vacation. Its 18-hole golf course commands a magnificent view of the South China Sea.*

Desaru boasts 25 km of inviting beaches fringed by palms and casuarinas. It lies in the southeastern corner of Johor, approximately 98 km from Johor Bahru. The waters here are conducive for swimming, waterskiing, canoeing and catamaran sailing.

In Desaru, you can enjoy thrilling adventures such as learning how to fly an ultra-light aircraft or take part in a go-kart race. Other forms of recreation include jungle trekking, horseback riding, archery and off-road adventures. Accommodation here includes hotels as well as budget chalets, dormitories and camping grounds.

The Desaru International Triathlon is held here annually. The Tanjung Balau Fishermen's Museum, a few kilometres away, features exhibits on the lifestyle of the local fisherfolk.

## Getting There

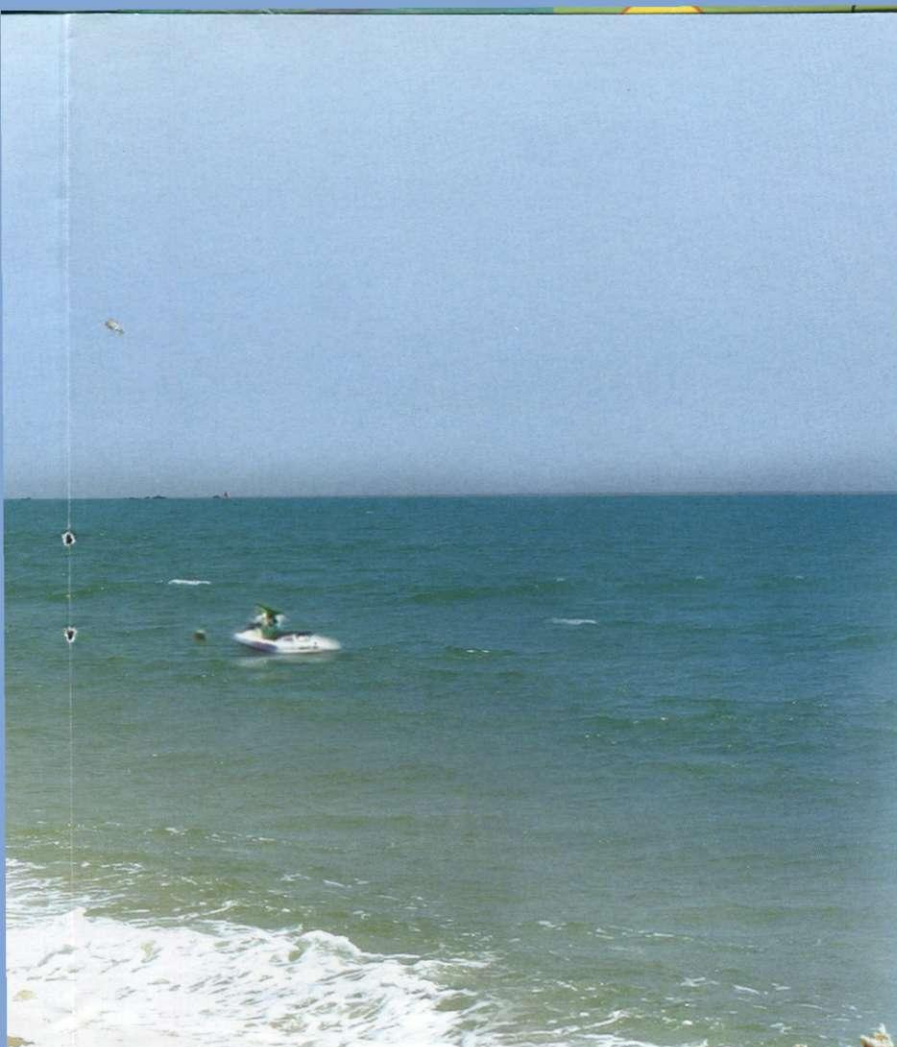
### By Road

Desaru is easily accessible as there is public transportation from Johor Bahru, Kota Tinggi or Tanjung Belungkor. Buses are available from Kuala Lumpur.

### By Sea

There is a ferry service from Changi Point in Singapore to Tanjung Belungkor where transport to Desaru can be arranged.





#### Useful Contacts

##### Tourism Malaysia Johor

Tel: 607 222 3590 / 91 Fax: 607 223 5502

E-mail: mtpbjhb@tourism.gov.my

##### Tourism Information Centre

##### Tanjung Puteri

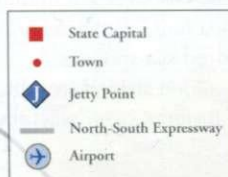
Tel: 607 222 3592

E-mail: mtpbjhb@tourism.gov.my

##### Tourism Malaysia Singapore

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E-mail: mtpb.singapore@tourism.gov.my



Johor

Sibu Island

Tanjung Leman

Kota Tinggi

Tanjung Belungkor

Desaru

Johor Bahru



*Desaru is perfect  
for sea sports.*







# Tioman

*Hailed as one of the best island getaways in the world, Tioman is famed as the setting for 'Bali Hai' in the Hollywood musical, South Pacific.*

Pahang, the largest state in Peninsular Malaysia, is also home to Tioman, an enchanting island in the South China Sea. The state is blessed with a beautiful coastline, which offers endless tropical bliss for sun-seekers.

Tioman is the largest and most developed of the volcanic islands that form the Tioman Marine Park. According to legend, the island is the final resting place of a beautiful dragon princess. Till today, the island bears startling resemblance to a sleeping dragon.

A sense of peace, tranquility and simplicity embraces visitors upon arrival.

The waters around Tioman are ideal for a host of water sports activities, including swimming, boating, kayaking or

windsurfing. Its warm waters and good visibility make it a paradise for underwater explorations. Discover astounding sights such as colourful gorgonian sea fans, staghorn corals, nudibranchs and beautifully sculptured sea sponges.

Marine life such as Napoleon fish, golden striped trevally, bumphead parrotfish and shoals of fusiliers swim playfully in the depths.

Those without a strong affinity to water can still enjoy these sights in a glass-bottomed boat. Divers will enjoy trips to outlying islands as it provides opportunities to encounter harmless black-tip sharks, murray eels and other pelagic species.

For a touch of adventure, take a boat ride to Monkey Beach, or the uninhabited islands of Tulai and Renggis for a swim and a picnic.



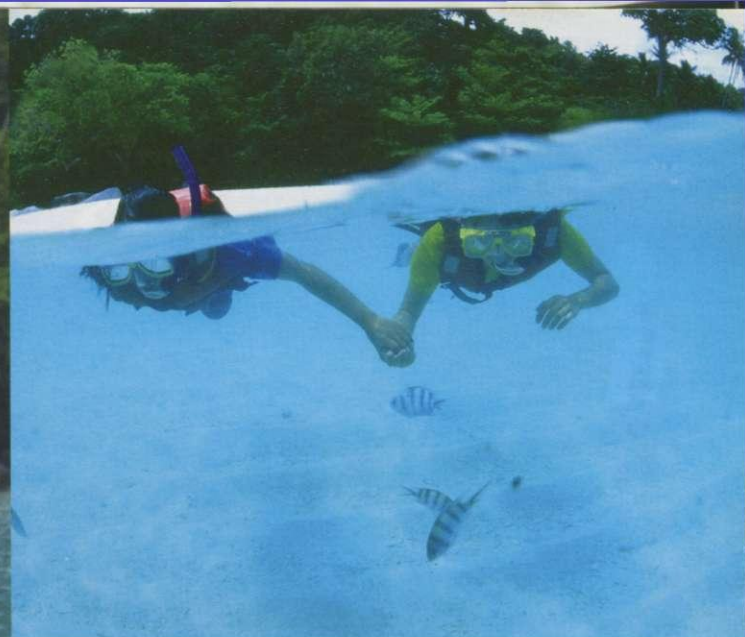
There are several villages scattered around the island's coastline, the larger ones being Salang, Tekek, Genting, Paya and Juara. Each village offers a different atmosphere and will be a unique experience to enjoy.

Salang, situated on the northwest of the island, enjoys immense popularity for its crystal-clear waters and colourful corals close to the shoreline. Spend a day exploring the vibrant underwater gardens or enjoy a nap in a hammock while hearing the soothing sound of gentle waves. A stroll by the beach in the evenings will reward visitors with a spectacular view of the sun setting against the horizon.

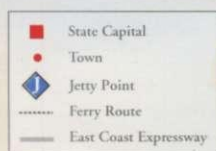
Tekek, located midway on the island's western coastline, has the longest stretch of beach on the island. This village is the gateway to Tioman by air and sea. It is also the closest village to the Berjaya Tioman Beach, Golf & Spa Resort, the island's only five-star accommodation. The Genting village, further south of Tekek, is enveloped by a serene and rustic atmosphere. The tranquil beach boasts stretches of golden sand ideal for long strolls by the shore.

Juara, on the east coast of the island, is a secluded hide-away boasting a wide beach with fine spots for swimming, sunbathing or camping. Marvellous views of sunrise can be seen from Juara.

The island's southernmost village, Mukut, is surrounded by nature at its purest form. Towering against its skyline are the Twin Peaks or Dragon's Horns, an unmistakable landmark of the island.



*Stroll along the villages to take in the charm and grace of rustic Malay homes*



Pahang





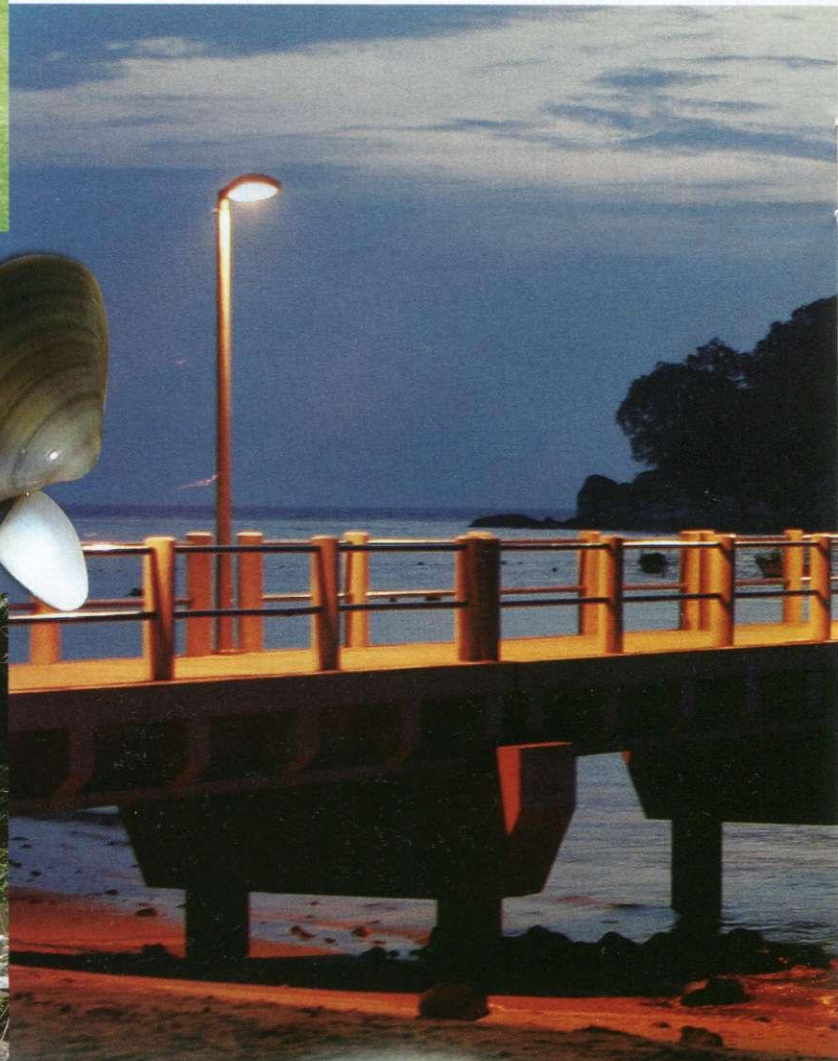


## Getting There

### By Road

Tanjung Gemok in Pahang and Mersing in Johor, are two take-off points to Tioman. Tanjung Gemok is a 3½ hour drive via the North-South Expressway. Visitors can exit at the Senawang Interchange, and proceed to Muadzam Shah and Rompin before arriving at Tanjung Gemok. To get to

*Indulge in pastimes such as golfing or trekking to the island's waterfalls*



## Useful Contacts

### Tourism Malaysia Pahang

Tel: 609 517 7111/3/5 Fax: 609 517 7114

E-mail: [mtpb.pahang@tourism.gov.my](mailto:mtpb.pahang@tourism.gov.my)



Mersing from Kuala Lumpur, exit at Kluang in Johor on the North-South Expressway.

#### By Air

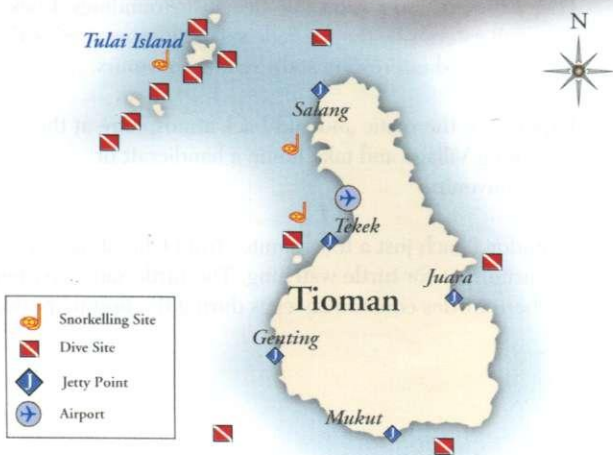
Berjaya Air operates daily direct flights to Tioman from the Sultan Abdul Aziz Shah Airport in Kuala Lumpur and Seletar Airport in Singapore.

#### By Sea


The island is accessible by boat from the jetties in Tanjung Gemok and Mersing. The ride takes about 1 hour and 30 minutes, depending on sea conditions. Tioman is also accessible from the Tanah Merah Ferry Terminal in Singapore. Journey time is 4 hours and 30 minutes.



*Immerse yourself in the tranquility and spellbinding charm of Tioman.*







# Cherating

*Asia's first Club Med and the nocturnal ritual of turtle nesting give Cherating its appeal. Discover one of the finest beach spots on the east coast of the peninsula.*

The calm blue waters of the South China Sea make Cherating one of the most alluring beach resorts in Malaysia.

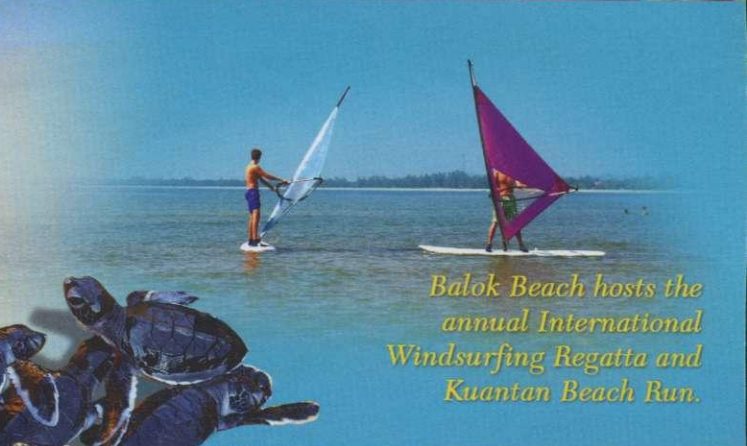
Located 47 km north of Kuantan, the capital of Pahang, Cherating is home to the world famous Club Med. A number of water sports such as catamaran sailing and kayaking can be enjoyed here. The excellent wind conditions in Cherating make it the perfect site for windsurfing and kite flying.

Hire a bicycle and explore the beach surroundings. Look out for small eateries by the roadside selling inexpensive local favourites and interesting stalls selling souvenirs.

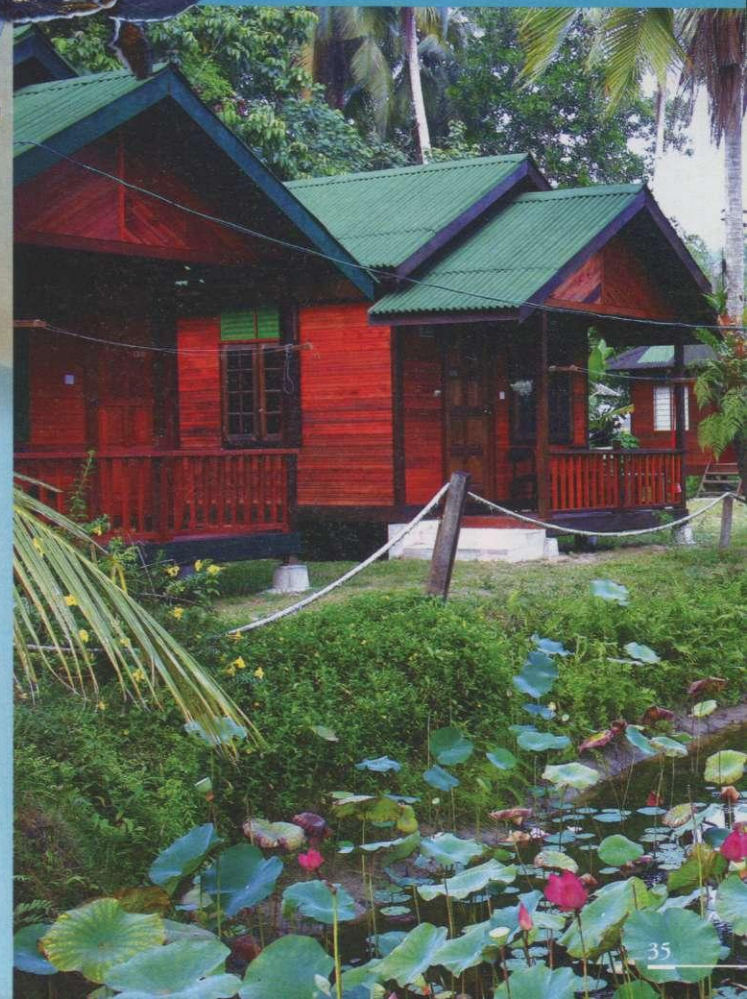
Experience the rustic and laid-back atmosphere at the Cherating Village and take home a handicraft or batik souvenir.

Chendor Beach just a few minutes from Cherating is a favourite spot for turtle watching. The turtle sanctuary here is where turtles come to lay eggs during the nesting period.





*Balok Beach hosts the annual International Windsurfing Regatta and Kuantan Beach Run.*



Pahang

Chendor Beach  
 Cherating Beach  
 • Cherating Village  
 Balok Beach  
 Teluk Chempedak  
 ■ Kuantan

South China Sea

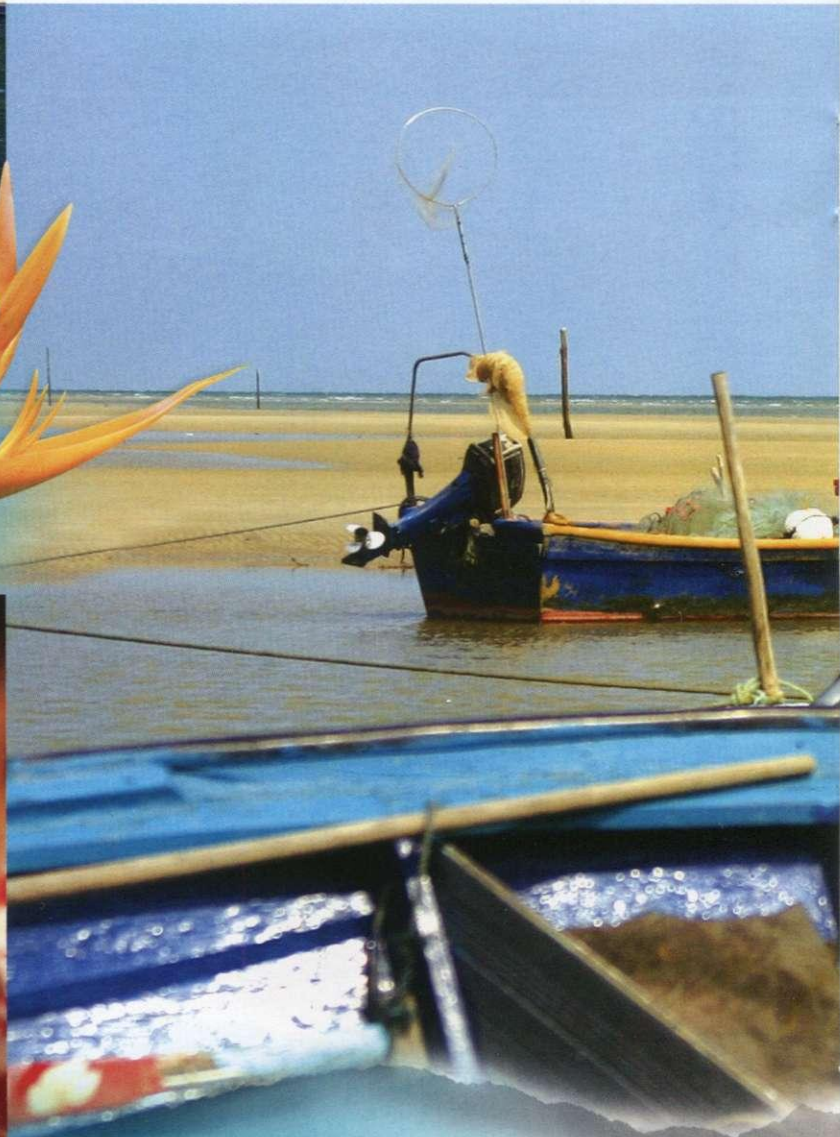
- State Capital
- Town
- East Coast Expressway





Nearer to the town of Kuantan are the beaches of Teluk Chempedak and Balok. Sailing, windsurfing and waterskiing can be enjoyed when wind and sea conditions are favourable. Beserah, less than ten minutes from Kuantan is a fishing village. An interesting sight here is water buffaloes on the beach transporting fish to the markets at certain times of the year.

*Cherating and Chendor are nesting grounds for green turtles.*



#### Useful Contacts

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## Getting There

### By Road

Cherating is a 5-hour drive from Kuala Lumpur via the scenic route to the east coast. There are buses to Kuantan departing daily from Kuala Lumpur. From Kuantan, there are regular bus and taxi services to

Cherating. Alternatively, take a bus from Kuala Lumpur to Dungun or Kemaman in Terengganu, and disembark at Cherating.

### By Air

Malaysia Airlines has daily flights to Kuantan. From the airport, Cherating is just 45 minutes away.



*Take a river cruise in Cherating amidst a mangrove swamp.*







# Islands of Terengganu

*Terengganu is blessed with captivating island retreats of soft white sand, breathtaking blue waters and dazzling undersea gardens... an unforgettable paradise in the South China Sea.*

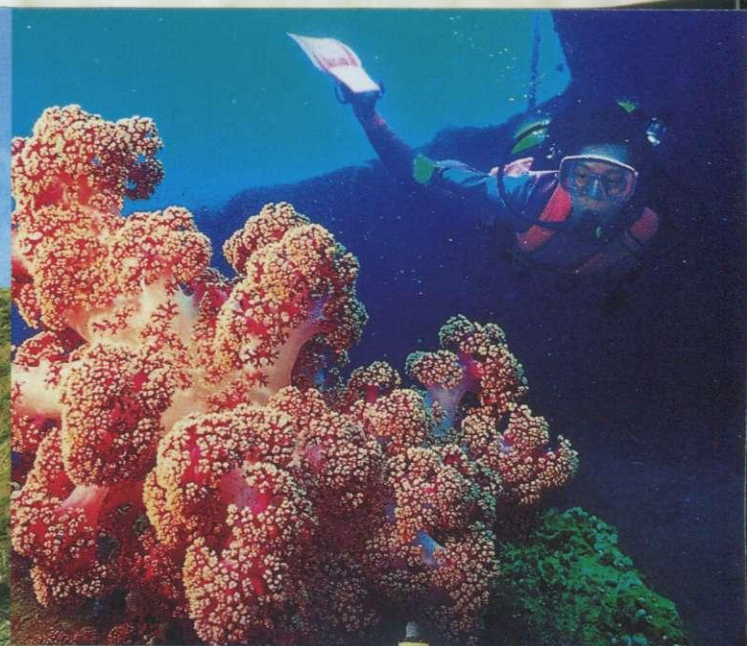
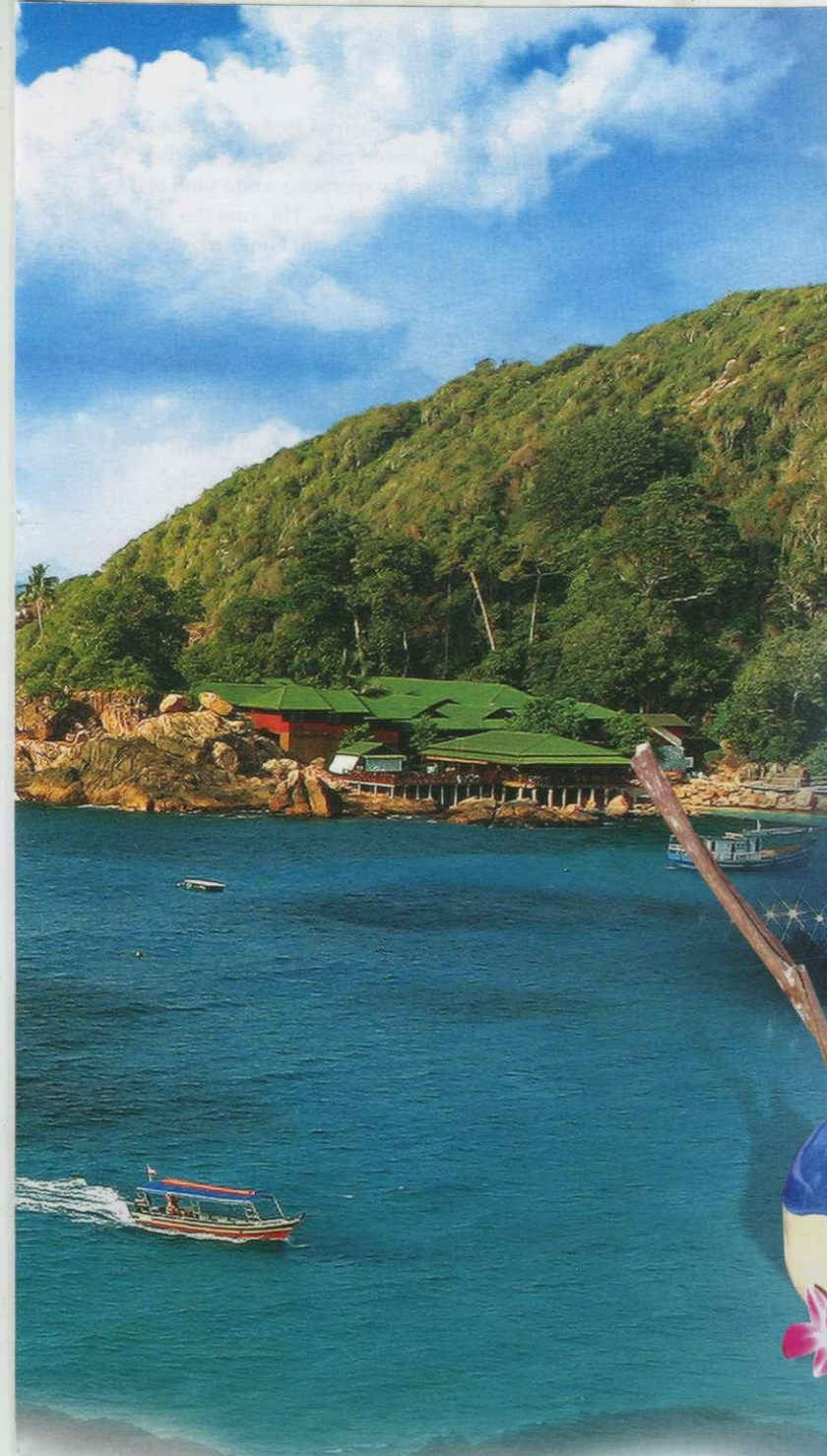
Terengganu, on the east coast of Peninsular Malaysia, beckons with an aura that is distinctively Malay. Its traditional way of life, vibrant cottage industries and fascinating cultural pastimes give the state its unique appeal. The islands of Redang, Perhentian, Lang Tengah, Kapas and Tenggol are jewels in Terengganu's crown.

Redang, situated 45 km off the coast of Kuala Terengganu, is the largest of all Terengganu's islands. From the very first glance, Redang will enchant visitors with its compelling beauty. Its incredibly azure waters fringed by white sand, against the backdrop of verdant jungle-clad hills make picture-postcard views.

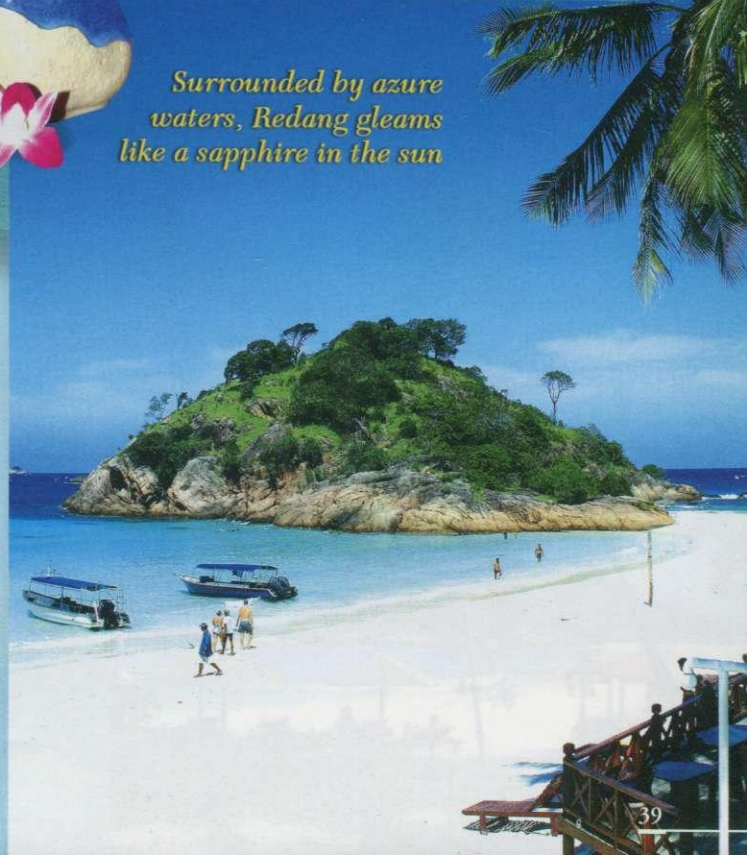
The island boasts two beautiful beaches, the Long Beach or locally known as Pasir Panjang, situated on the east coast and Teluk Dalam Kecil, a sheltered cove tucked away on the northeast of the island. Teluk Dalam Kecil is the location of the Berjaya Redang Beach Resort, a five-star accommodation on the island.

Stretching over 800 m, Pasir Panjang is a dream come true for sun-seekers. Here, underneath the clear blue sky, one can spend hours by basking in the sun, or strolling by the beach and feel the sensation of soft sand sinking under the feet. The beach is lined by a number of resorts overlooking the sea, offering various styles of accommodation.





*Surrounded by azure waters, Redang gleams like a sapphire in the sun*





A myriad of surprises await beneath the bewitchingly blue sea. The waters teem with a wealth of marine life and corals, and the good visibility makes it ideal for snorkelling and diving. At the Marine Park Centre friendly wrasses, sergeant majors and breems swarm around snorkellers. Divers can look forward to thrilling encounters with black-tip sharks. Rare giant clams and hawksbill turtles too have been sighted here.

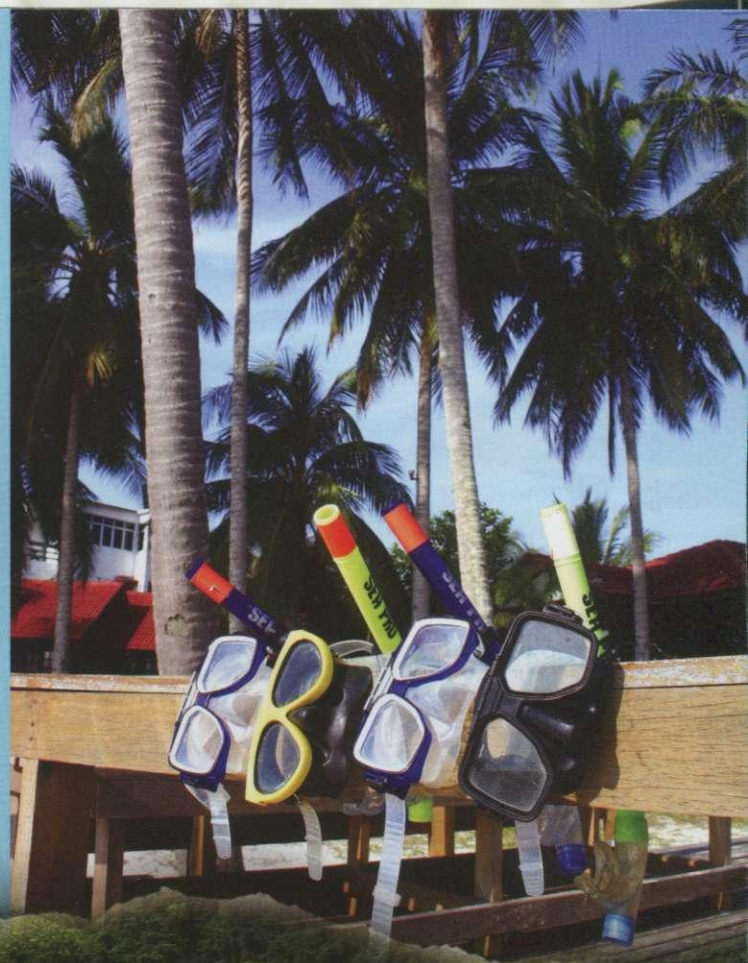
Perhentian, another breathtaking island in the state, lies about 21 km off Terengganu's coastline. Made up of two islands, Perhentian Besar and Perhentian Kecil, they abound with exciting activities for sun-seekers. The waters around Perhentian offer some of the best dive sites in the country. Fusiliers, Scorpionfish, Rabbitfish and Christmas Tree Worms are among the sights which will leave snorkellers spellbound.

Lang Tengah, a 30-minute boat ride from Redang, is one of the state's best kept secrets. Located midway between the islands Redang and Perhentian, its sparkling white sand and aquamarine waters are simply irresistible. The varieties of hard and soft corals and prolific marine life here make it a perfect destination for divers.

The smaller islands of Kapas and Tenggol are delightful gems for divers with their scenic beaches, underwater rock formations and a plethora of marine life. Its mainland has several spots that feature scenic palm-lined beaches and luxurious resorts. The Awana Kijal Beach & Golf Resort, Sutra Beach Resort, Tanjung Jara Beach Resort and The Aryani charm visitors with their rustic architecture and impressive facilities.







*Perhentian's inviting white sand and crystal-clear waters are irresistible to holidaymakers*





## Getting There

### By Road

Travel along the East Coast Highway from Kuala Lumpur to Kuala Terengganu. Merang, the take-off point to Redang and Lang Tengah, is located about an hour's drive north of Kuala Terengganu. Visitors to Perhentian can drive further north to the Kuala Besut jetty.

*Lang Tengah is a dream  
holiday getaway*



### Useful Contacts

#### **Tourism Malaysia Terengganu**

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#### **Tourist Information Centre**

##### **Kemaman**

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E-mail: [mtpbkt@tourism.gov.my](mailto:mtpbkt@tourism.gov.my)



### By Air

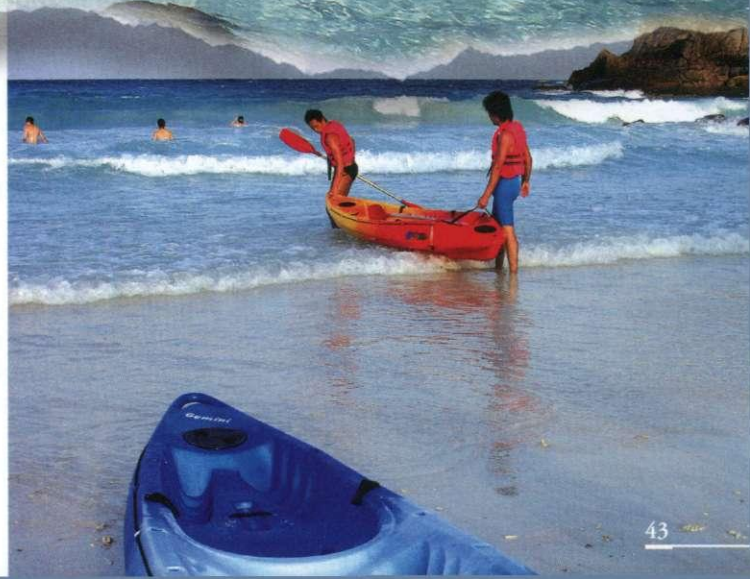
Malaysia Airlines and budget carrier AirAsia provide direct air services from Kuala Lumpur to Kuala Terengganu and Kota Bharu in Kelantan (the nearest airport to Kuala Besut). Berjaya Air operates daily direct flights from the Sultan Abdul Aziz Shah Airport in Kuala Lumpur to Redang.

### By Sea

Regular boat services are available to the islands. The journey to Redang and Lang Tengah take about 1 1/2 hours while the boat ride to Perhentian takes about an hour.



*The unspoilt charm of Lang Tengah makes it a veritable fantasy island*







# Sabah

*This gateway to Borneo showcases diverse cultures, a timeless rainforest and ancient caves. Its extensive coastline is a paradise of alluring beaches and island retreats.*

Sabah is caressed by the South China Sea on its west and the Sulu and Celebes seas on its eastern coastline.

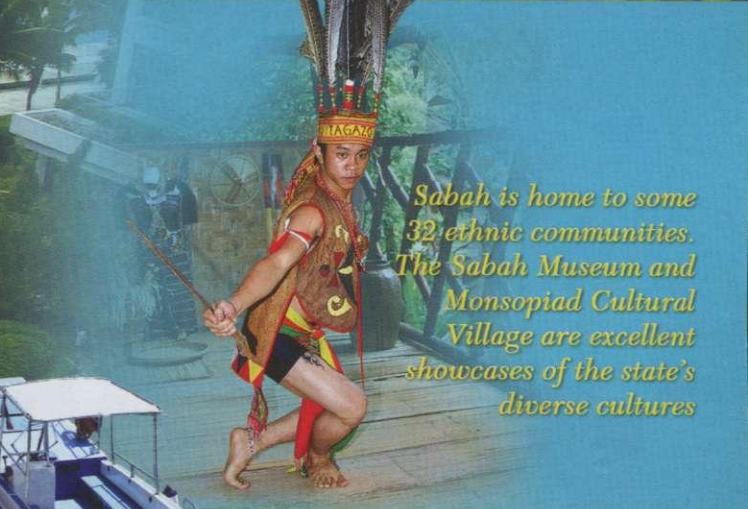
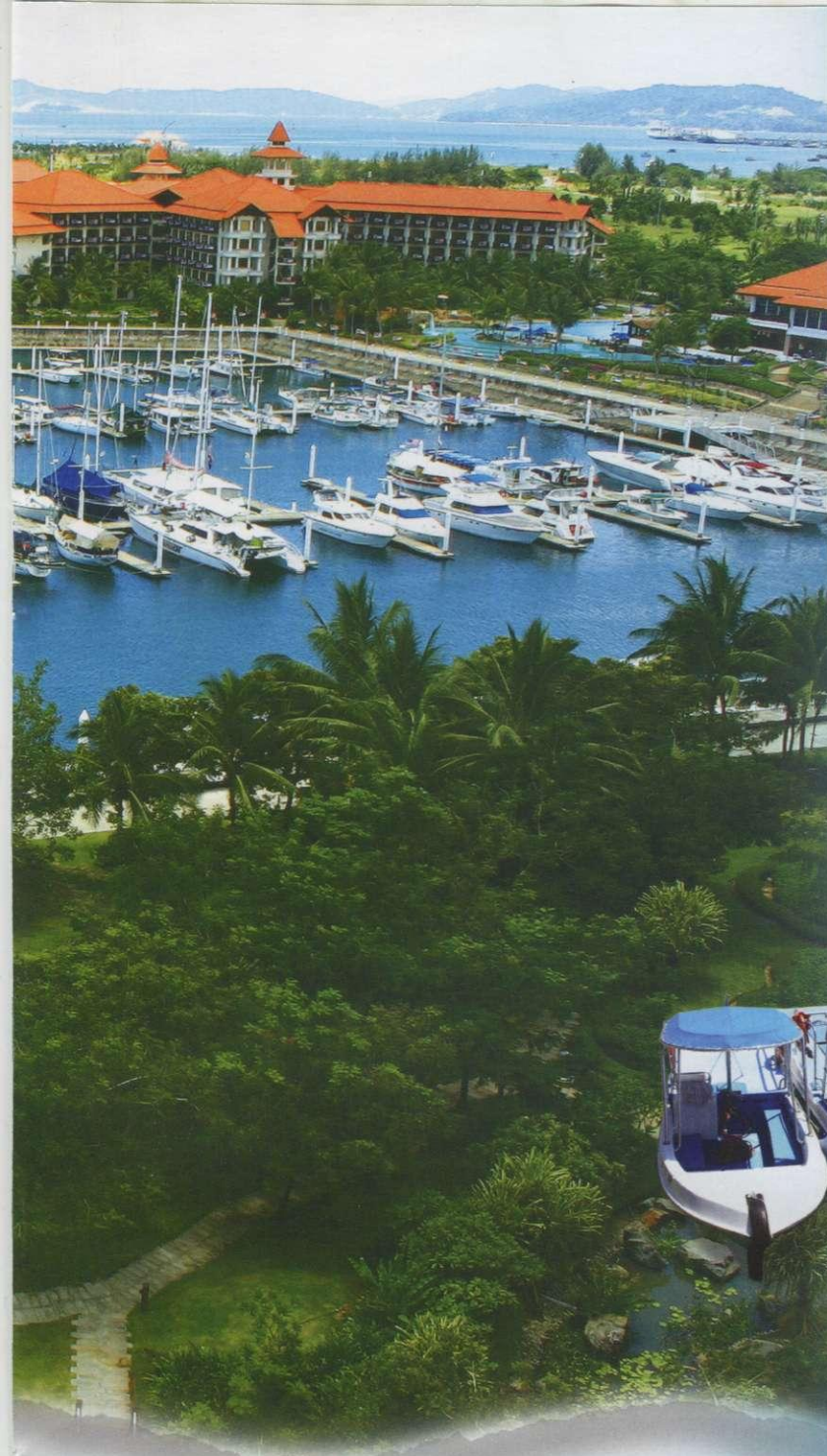
Kota Kinabalu, Sabah's capital offers top-notched properties such as the Shangri-La Tanjung Aru Resort and the Sutera Harbour Resort and Spa. Both resorts offer spectacular views of the South China Sea and the Tunku Abdul Rahman Park islands. The Sutera Harbour Resort offers a full range of recreational facilities, including a golf course, marina and spa.

In the vicinity of the airport, the Tanjung Aru beach is a popular spot to watch the beautiful sunset and relax at the beachside cafes. Tanjung Aru is also the gateway to explore several of Sabah's delightful attractions. Go on a ride in the North Borneo tourist steam train and take in the scenic countryside.

A treasured marine heritage, the five islands of the Tunku Abdul Rahman Park are surrounded by extensive coral reefs. Its proximity to Kota Kinabalu makes it a popular playground for water sports enthusiasts, sun-seekers, swimmers and snorkellers.

Just a 30-minute drive from Kota Kinabalu is the Nexus Karambunai, a fabulous resort offering six kilometres of soft sandy beach. Indulge in idyllic days of swimming and sauntering by the beach or try out exciting pastimes such as horse-riding and archery. For golfers, tee off at the resort's 18-hole par 72 course designed by Ronald Fream. The Lagoon Park, a recreational centre situated 10 minutes away, abounds with thrills such as jet-skiing, kayaking, wake-boarding, mangrove cruises and sunset firefly cruises.





*Sabah is home to some 32 ethnic communities. The Sabah Museum and Monsopiad Cultural Village are excellent showcases of the state's diverse cultures*





The Shangri-La Rasa Ria, located nearby, is a splendid getaway surrounded by 400 acres of lush tropical vegetation. An idyllic, white sandy beach stretched over three kilometres awaits swimmers, beachcombers and windsurfers. Guests can delight in kayaking, jet-skiing, banana boat rides and catamaran excursions, or enjoy a round of golf in the 18-hole championship golf course designed by Ted Parslow. For a glimpse of Borneo's animal kingdom, visit the resort's nature reserve which houses Orang Utan and deer.

For some privacy and seclusion, try the Paka Beach in Tuaran where a six-kilometre shoreline, hugged by coastal vegetation glitters invitingly. The glorious beach offers pristine nature with no intrusions of modernity. Delight in a picnic, take leisurely strolls along the shore or enjoy hours of swimming. The beach will also be an excellent retreat for sunbathing as it ensures a quiet environment.

En route, visit the Bajaus, famed as 'Sea Gypsies' and enjoy a boat ride through the mangroves. For a trip to this beach, prior arrangements can be made with tour operators.

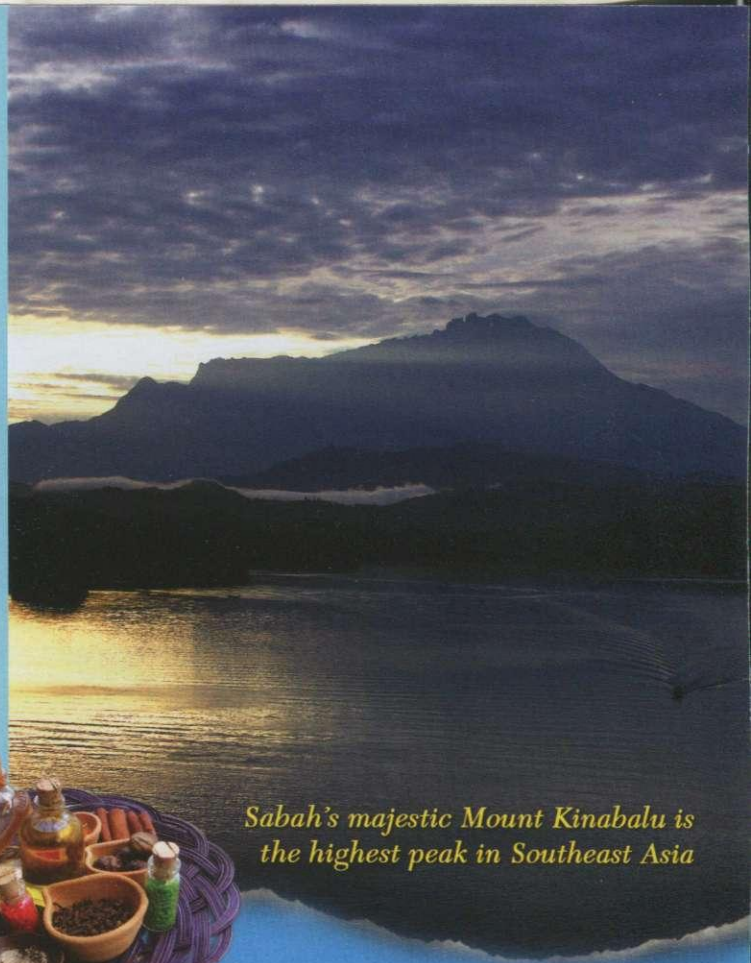
To the north of Sabah is Kudat Beach, where visitors can enjoy crystal-clear waters and picturesque scenery while visiting the Rungus tribe who live in longhouses.

For the exhilarating feeling of standing on land's end, visit the Simpang Mengayau Bay, at the tip of Borneo. Located north of Kudat, this stretch of beach is excellent for swimming and to watch the sunrise and sunset.

Sabah has a host of captivating islands among which is Pulau Tiga Park, better known as 'Survivor Island', featured in the TV reality show 'Survivor'.







*Sabah's majestic Mount Kinabalu is the highest peak in Southeast Asia*



*Tunku Abdul Rahman Park is an ideal getaway for carefree days under the sun.*







The islands of Layang Layang, Turtle Island, Mabul, Kapalai and Sipadan are outstanding dive sites in the region.

Labuan, known as the 'International Garden Island of Borneo', is a major destination as well as the site of several World War II memorials.



*Bathed in warm sunlight,  
Sabah's rolling hills and  
shimmering waters weave a  
magic of their own*



#### Useful Contacts

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E-mail: [mtpbkki@tourism.gov.my](mailto:mtpbkki@tourism.gov.my)

**Tourist Information Centre**

**Labuan**

Tel: 6087 423 445

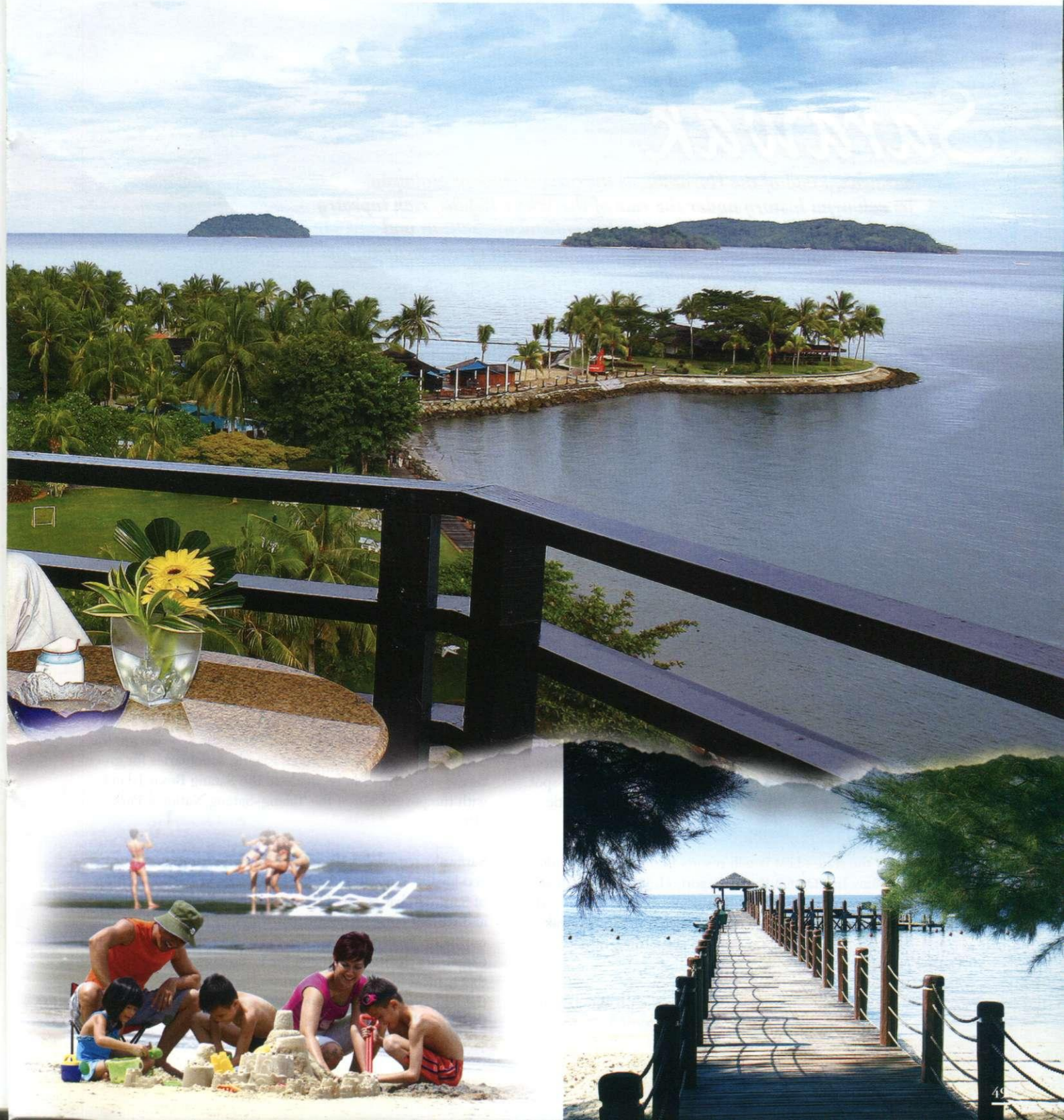
Fax: 6087 423 446



## Getting There

### By Air

Malaysia Airlines, the budget carrier AirAsia and several international carriers operate direct flights from Kuala Lumpur to Kota Kinabalu, Sandakan, Tawau and Labuan.







# Sarawak

*Sarawak, Land of the Hornbills, is the largest state in Malaysia. Its colourful history under the rule of the White Rajahs, rich tapestry of cultures and traditions, spectacular natural attractions and fascinating wildlife make the state a riveting land of adventures.*

Sarawak has a coastline that runs 700 km along the northwestern side of Borneo. A good place to begin discovering its beauty is Damai Beach, in Santubong. This vacation spot is embraced by the South China Sea and has the majestic jungle-clad Mount Santubong as its backdrop.

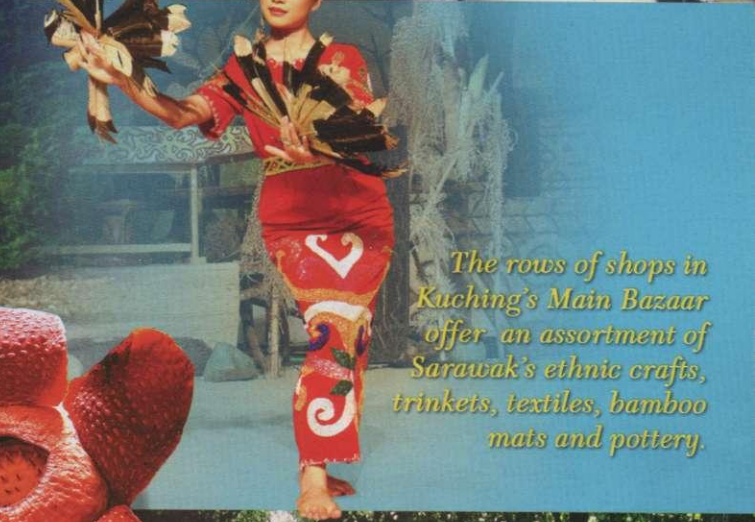
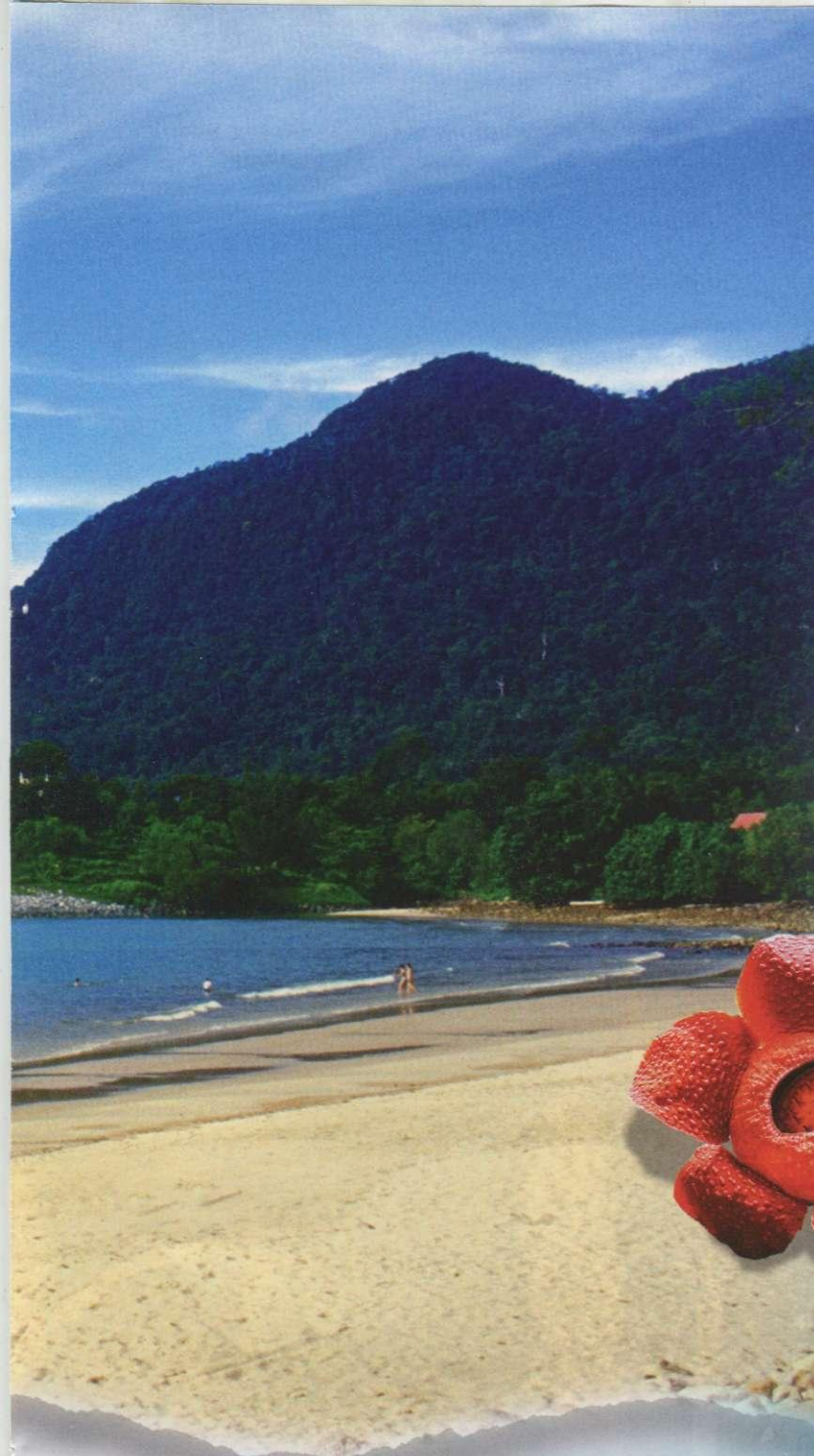
Some of the state's best beach resorts located here include the Holiday Inn Damai Beach Resort, Holiday Inn Damai Lagoon, Santubong Kuching Resort and Permai Rainforest Resort. A short drive away from this beach is the Sarawak Cultural Village, a living museum of the various ethnic cultures in the state.

Located about 90 km from Kuching are the pristine beaches of Siar, Semantan, Penyok and Bandung, ideal for swimming and sunbathing.

Just a 30-minute boat ride away from Damai Beach are the Satang Besar and Satang Kecil islands, sanctuaries for green turtles. Day trips can be made to the Satang Besar Island with the permission of the Talang-Satang National Park office.

Sarawak's national parks offer a host of adventures for eco-lovers. Tanjung Datu National Park, at the western tip of Sarawak, has some of the state's most beautiful beaches and vibrant coral life. Similajau National Park, in the northeast, features golden sandy beaches that face the South China Sea. In Bako National Park, discover a sandy coastline that is ideal for swimming and sunset watching. Sightings of the long nosed proboscis monkey, a species unique to Borneo will be a memorable experience.





*The rows of shops in Kuching's Main Bazaar offer an assortment of Sarawak's ethnic crafts, trinkets, textiles, bamboo mats and pottery.*







*Explore the Bako National Park and Semenggoh Wildlife Centre for a glimpse of Sarawak's natural treasures.*



On the northernmost corner of Sarawak, the long stretches of beaches in Miri are a popular weekend getaway. The Luak Bay and Hawaii Beach are among the well-known shores in Miri. Miri is dubbed the 'gateway to adventure' as it is the take-off point to exciting destinations such as Mulu Caves, Niah Caves, Lambir Hills and Bario Highlands.



#### Useful Contacts

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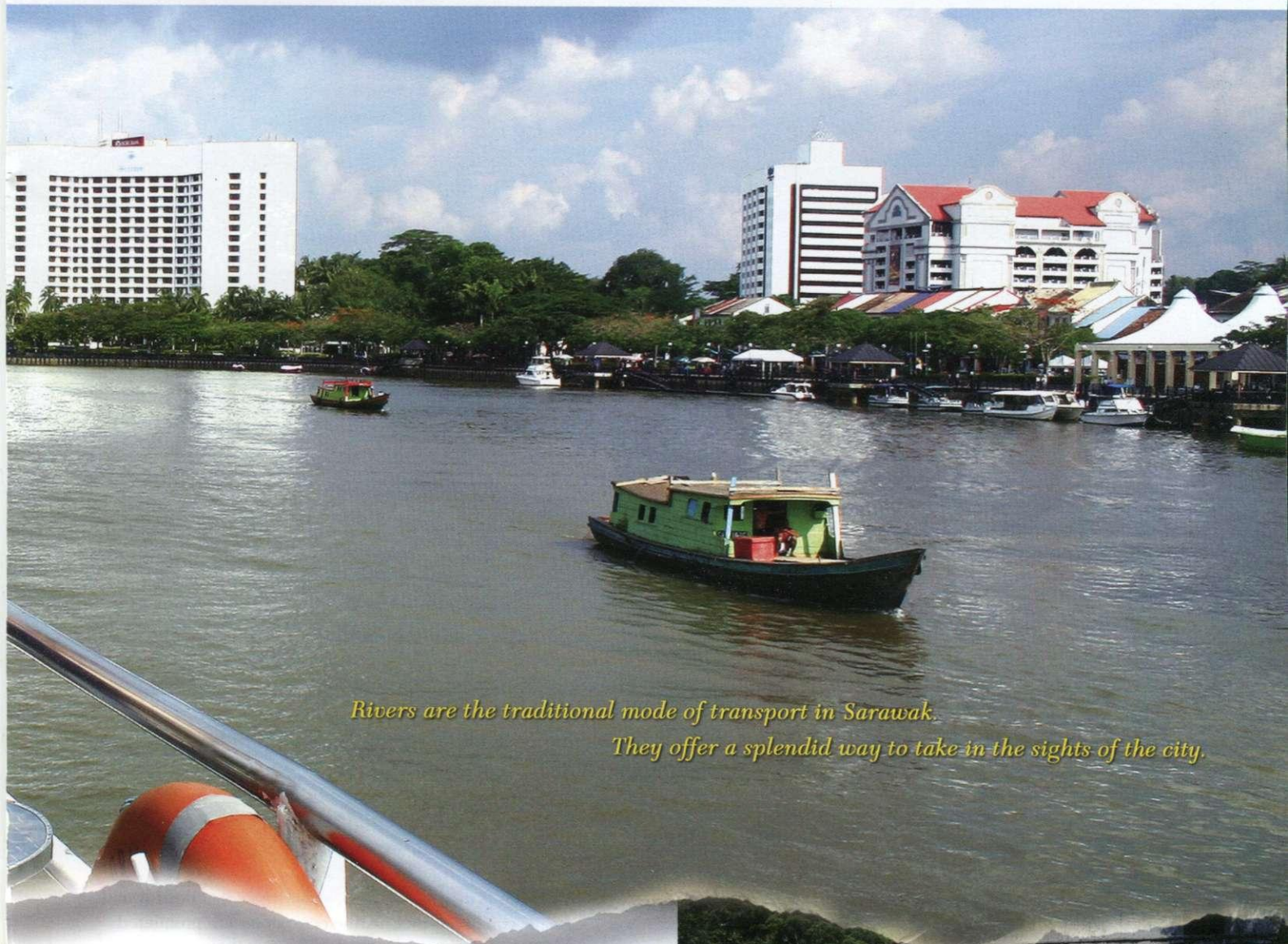
E-mail: [mtpbkch@tourism.gov.my](mailto:mtpbkch@tourism.gov.my)



## Getting There

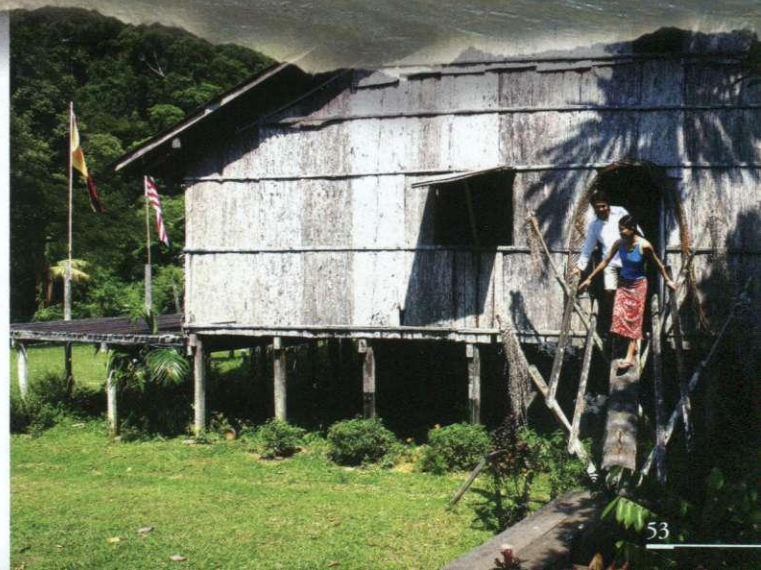
### By Air

Malaysia Airlines and the budget carrier AirAsia operate direct and connecting flights to Kuching, Miri, Bintulu and Sibul.



*Rivers are the traditional mode of transport in Sarawak.*

*They offer a splendid way to take in the sights of the city.*





# Marine Parks

*Marine Parks in Malaysian waters preserve and protect the prolific underwater ecosystem for the enjoyment of all.*

Permitted activities that are encouraged in Marine Parks are those which do not destroy the coral reef environment. These activities will expose the visitor to the beauty and wonder of the underwater world. Some of these activities are:

- SCUBA Diving
- Snorkelling
- Underwater Photography
- Swimming
- Observation and appreciation of aquatic flora and fauna
- Non-motorised boating e.g. sailing, kayaking
- Fish Feeding
- Hill or nature walks on the islands

Under the Fisheries Act 1985, all activities that destroy and damage coral reefs and marine ecosystems are prohibited and are an offence under the law. Among them are:

- Fishing or killing fish
- Spear fishing or sling fishing
- Collecting coral, shells and other marine organisms
- Collecting sand, dead coral and dead shells
- Polluting and littering
- Anchoring on reefs
- Building or erecting any type of structure on the water

Marine Park centres operate as a base for educational and enforcement efforts. Visitors can obtain information about



## Fast Facts

### Climate

Mean annual temperature is between 24°C and 33°C and the water temperature is around 28°C. The dry season for islands on the west coast of the peninsula is from November to March. The islands on the east coast experience occasional torrential showers between November to February. However, selected established resorts continue to operate during this season.

### Getting Around

In most places, cars, motorcycles or bicycles can be hired to move around. For foreigners, an international driving licence is required. Certain islands have no paved roads and offer boat rides as the main mode of transport.

### Banks

Before embarking on an island trip, visitors are advised to make prior financial arrangements on the mainland. However well-developed islands such as Langkawi and Pangkor have banks. Foreign currency can be changed at selected resorts, banks and airports.

### Medical Facilities

Most islands have clinics which operate from 8.15 am to 4.45 pm. Selected resorts have resident doctors.



coral reefs and the marine environment at these designated centres.

Visitors to the marine parks will be required to pay conservation charges:

RM5 for adults    RM2.50 for children



# Tourism Malaysia Offices



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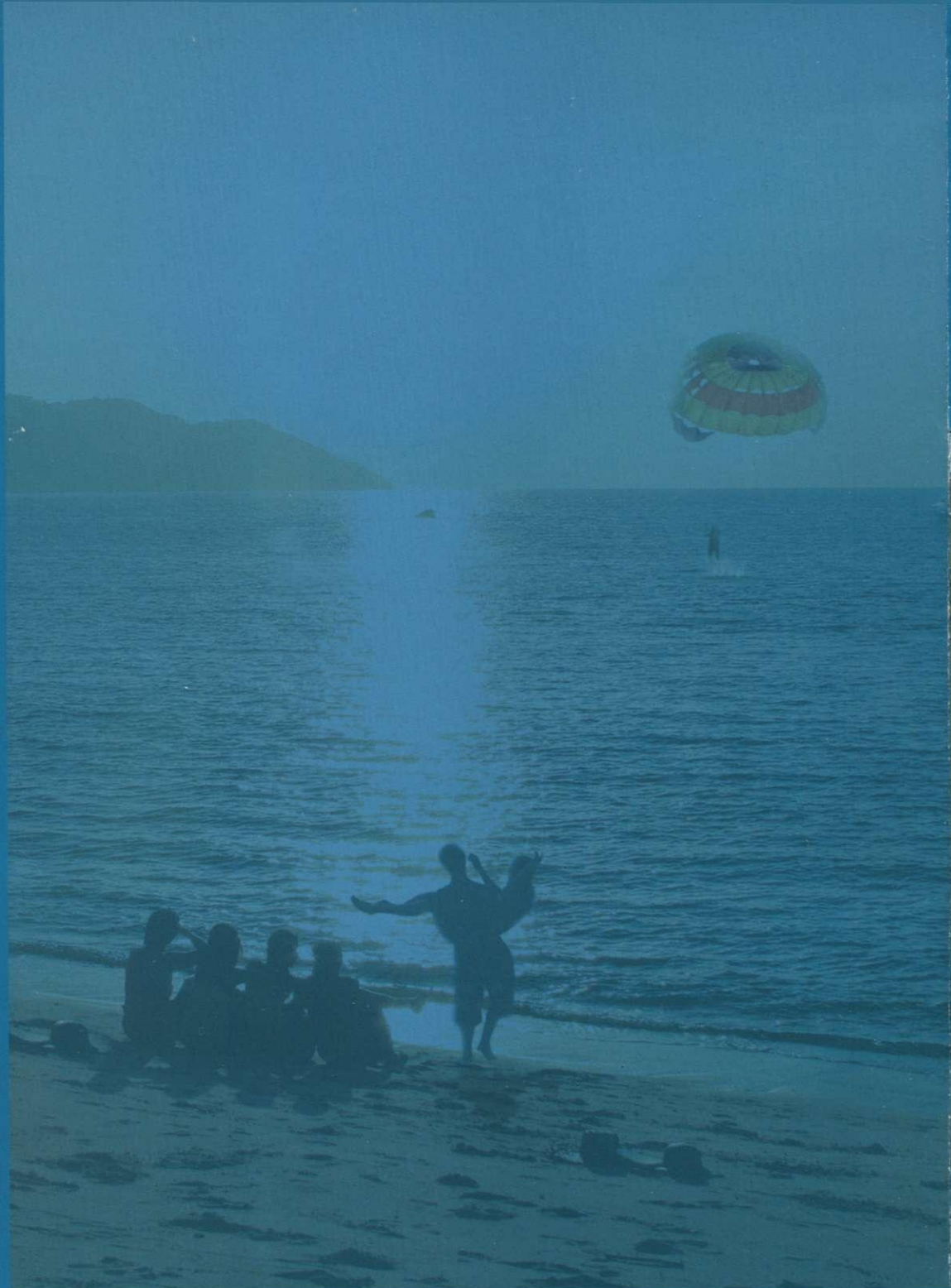






*Sunset at Pangkor Island*





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(TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY)

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